



English Breakfast Angel Food Cake

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



152 kcal

DESSERT

Ingredients

- 1 cup cake flour sifted
- 1 teaspoon cream of tartar
- 12 large egg whites
- 0.3 teaspoon salt
- 1.5 cups sugar divided
- 0.3 cup freshly tea english
- 0.5 cup water boiling

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- sieve
- blender
- spatula
- measuring cup

Directions

- Preheat oven to 32
- Pour boiling water over tea leaves in a bowl; steep 5 minutes. Strain through a fine sieve into a bowl; cool tea to room temperature.
- Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour and 3/4 cup sugar, stirring with a whisk.
- Place egg whites in a large bowl; beat with a mixer at high speed until foamy.
- Add cream of tartar and salt; beat until soft peaks form.
- Add 3/4 cup sugar, 2 tablespoons at a time, beating until stiff peaks form. Beat in brewed tea.
- Sift about 1/4 cup flour mixture over egg white mixture; fold in. Repeat procedure with remaining flour mixture, 1/4 cup at a time.
- Spoon batter into an ungreased 10-inch tube pan, spreading evenly. Break air pockets by cutting through batter with a knife.
- Bake at 325 for 50 minutes or until cake springs back when lightly touched. Invert pan, and cool completely. Loosen cake from sides of pan using a narrow metal spatula. Invert cake onto a plate.

Nutrition Facts

PROTEIN 12.62% **FAT 1.81%** **CARBS 85.57%**

Properties

Glycemic Index:11.42, Glycemic Load:22.35, Inflammation Score:-1, Nutrition Score:1.9626086936535%

Flavonoids

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Nutrients (% of daily need)

Calories: 151.71kcal (7.59%), Fat: 0.31g (0.48%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 32.86g (10.95%), Net Carbohydrates: 32.61g (11.86%), Sugar: 25.22g (28.02%), Cholesterol: 0mg (0%), Sodium: 104.46mg (4.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.69%), Selenium: 10.89µg (15.55%), Vitamin B2: 0.16mg (9.21%), Manganese: 0.1mg (4.93%), Potassium: 107.79mg (3.08%), Magnesium: 6.49mg (1.62%), Copper: 0.03mg (1.54%), Phosphorus: 15.12mg (1.51%), Folate: 5µg (1.25%), Vitamin B5: 0.11mg (1.09%)