



## Espresso Chiffon Cake (Nut-Free, Soy-Free)



Vegetarian



Dairy Free

READY IN



90 min.

SERVINGS



12

CALORIES



243 kcal

DESSERT

### Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2.3 cups cake flour (with no problem)
- ☐ 0.5 teaspoon cream of tartar
- ☐ 6 extra large eggs (separated at room temperature)
- ☐ 2 tablespoons espresso powder (instant)
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups caster sugar (separated)
- ☐ 2 teaspoon vanilla paste (pure)

- ☐ 0.5 cup vegetable oil unflavored (canola or safflower)

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ spatula
- ☐ measuring cup
- ☐ funnel

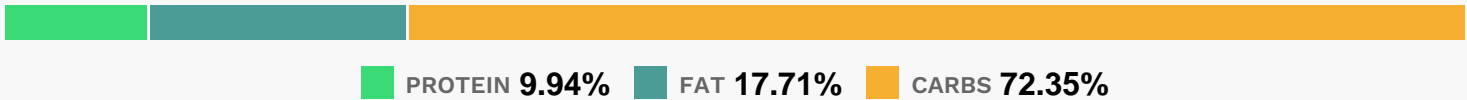
## Directions

- ☐ Center a rack in the oven and preheat it to 325°
- ☐ Cut a round of parchment paper to fit the bottom of the pan and cut out a hole in the middle to fit the center tube of the pan. This cake is baked in an ungreased pan because greasing the pan would keep the batter from rising and gripping the sides of the pan as the cake bakes. In a large measuring cup or medium bowl, dissolve the espresso powder in the water,
- ☐ Add the oil, vanilla and egg yolks.
- ☐ Whisk until well combined. Over a large piece of parchment paper or bowl sift together the flour and baking powder.
- ☐ Add 1 cup of sugar and salt and stir together. Make a well in the center of the mixture by pushing the dry ingredients towards the side of the bowl.
- ☐ Add the espresso mixture. Using a rubber spatula, stir together until thoroughly combined.
- ☐ Place the egg whites in the grease free bowl of an electric mixer or in a large grease free bowl. Using the wire whip attachment or a hand held mixer, whip the egg whites on medium speed

until they are frothy.

- ☐ Add the cream of tartar. Slowly sprinkle the remaining ½ cup of sugar and continue whipping until the egg whites hold glossy and firm, but not stiff, peaks – about 5 minutes. Fold the egg whites into the cake batter in 3 to 4 stages, blending thoroughly after each addition.
- ☐ Transfer the batter to the tube pan. Use the rubber spatula to smooth and even the top.
- ☐ Bake for 1 hour, or until the cake tester inserted in the center of the cake comes out clean. (Mine took 45–50 minutes).
- ☐ Remove the pan from the oven and invert it over a cooling rack onto its feet or over a funnel or a thin necked bottle.
- ☐ Let the cake hang to cook completely. Don't set the pan on a cooling rack on its base. This will cause the cake to collapse onto itself. Don't shake the cake out of the pan before it is cool. Once the cake is cool. use a thin blade knife or flexible blade spatula to run across the outer edge and the inside tube to help release the cake from the pan. Invert the cake onto a rack, then reinvert onto a serving plate.

## Nutrition Facts



## Properties

Glycemic Index:19.76, Glycemic Load:30.64, Inflammation Score:-2, Nutrition Score:6.6100000402202%

## Nutrients (% of daily need)

Calories: 243.38kcal (12.17%), Fat: 4.79g (7.37%), Saturated Fat: 1.19g (7.45%), Carbohydrates: 44.05g (14.68%), Net Carbohydrates: 43.42g (15.79%), Sugar: 25.2g (28%), Cholesterol: 104.16mg (34.72%), Sodium: 195.36mg (8.49%), Alcohol: 0.23g (100%), Alcohol %: 0.33% (100%), Caffeine: 26.17mg (8.72%), Protein: 6.05g (12.1%), Selenium: 16.8µg (24%), Vitamin B2: 0.25mg (14.69%), Folate: 56.05µg (14.01%), Vitamin B1: 0.2mg (13.02%), Phosphorus: 105.23mg (10.52%), Iron: 1.74mg (9.68%), Manganese: 0.19mg (9.25%), Vitamin B3: 1.64mg (8.21%), Calcium: 79.49mg (7.95%), Vitamin B5: 0.53mg (5.33%), Vitamin B12: 0.25µg (4.15%), Vitamin D: 0.56µg (3.73%), Zinc: 0.53mg (3.55%), Vitamin K: 3.51µg (3.34%), Potassium: 115.54mg (3.3%), Vitamin E: 0.46mg (3.04%), Vitamin A: 151.2IU (3.02%), Vitamin B6: 0.06mg (2.92%), Magnesium: 11.6mg (2.9%), Copper: 0.06mg (2.88%), Fiber: 0.64g (2.54%)