



Gluten-Free Angel Food Cake



Vegetarian



Gluten Free

READY IN



190 min.

SERVINGS



16

CALORIES



233 kcal

DESSERT

Ingredients

- ☐ 0.3 cup cornstarch
- ☐ 1.5 teaspoons cream of tartar
- ☐ 1.7 cups egg whites room temperature (11)
- ☐ 16 servings fruit fresh
- ☐ 1.5 cups rice flour gluten free all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 16 servings garnish: whipped cream sweetened

- ☐ 1 teaspoon vanilla gluten-free
- ☐ 1 teaspoon xanthan gum

Equipment

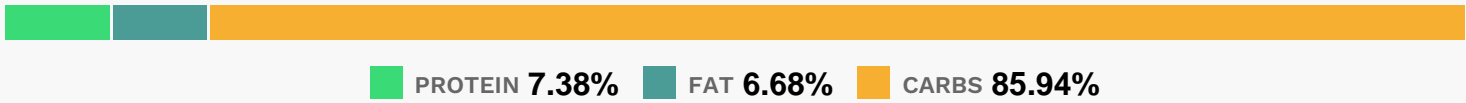
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ cake form
- ☐ spatula
- ☐ serrated knife
- ☐ funnel

Directions

- ☐ Heat oven to 350F. Move oven rack to lowest position (remove other racks).
- ☐ In medium bowl, stir together flour blend, 3/4 cup of the sugar, the cornstarch and xanthan gum. Set aside.
- ☐ In large bowl, beat egg whites, cream of tartar and salt on medium speed of electric mixer with wire whip attachment until foamy. Increase speed to high, and beat until egg whites have doubled in volume and thickened, about 2 minutes. Beat in remaining 3/4 cup sugar, 2 tablespoons at a time, on high speed, adding vanilla with the last addition of sugar, until stiff and glossy meringue forms. Do not underbeat.
- ☐ Sprinkle sugar mixture, 1/4 cup at a time, over meringue, folding in just until sugar mixture disappears. (
- ☐ Transfer egg white mixture to very large bowl, if necessary.) Spoon into ungreased 10-inch angel food (tube) cake pan. Gently tap pan on counter to remove large air bubbles.
- ☐ Bake 40 to 45 minutes or until cracks feel dry and top springs back when lightly touched. Do not underbake. Immediately turn pan upside down onto heatproof bottle or funnel until cake is completely cool, about 2 hours. Run knife or long metal spatula around edge of pan to loosen. Turn cake out onto serving platter. Use long, serrated knife to cut cake.

Serve with whipped cream and fresh fruit. Store at room temperature under a cake safe or large inverted bowl.

Nutrition Facts



Properties

Glycemic Index:12.07, Glycemic Load:21.43, Inflammation Score:-3, Nutrition Score:4.2704348032889%

Nutrients (% of daily need)

Calories: 232.9kcal (11.65%), Fat: 1.77g (2.72%), Saturated Fat: 0.9g (5.62%), Carbohydrates: 51.16g (17.05%), Net Carbohydrates: 48.74g (17.73%), Sugar: 32.75g (36.39%), Cholesterol: 4.56mg (1.52%), Sodium: 127.05mg (5.52%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Protein: 4.39g (8.79%), Manganese: 0.22mg (10.9%), Selenium: 7.58µg (10.83%), Fiber: 2.42g (9.68%), Vitamin B2: 0.15mg (8.85%), Vitamin A: 398.97IU (7.98%), Potassium: 214.77mg (6.14%), Copper: 0.12mg (5.89%), Vitamin K: 5.57µg (5.3%), Vitamin B3: 0.88mg (4.42%), Vitamin B6: 0.09mg (4.41%), Phosphorus: 38.84mg (3.88%), Magnesium: 14.72mg (3.68%), Vitamin C: 2.61mg (3.16%), Iron: 0.47mg (2.63%), Vitamin B1: 0.04mg (2.55%), Vitamin B5: 0.24mg (2.38%), Zinc: 0.26mg (1.74%), Calcium: 15.58mg (1.56%), Folate: 4.16µg (1.04%)