



Gone with the Wind Cake

 Dairy Free

READY IN



110 min.

SERVINGS



1

CALORIES



2179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1.8 cups cake flour sifted
- ☐ 3 egg whites
- ☐ 3 egg yolks
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup water cold
- ☐ 1.5 cups sugar white

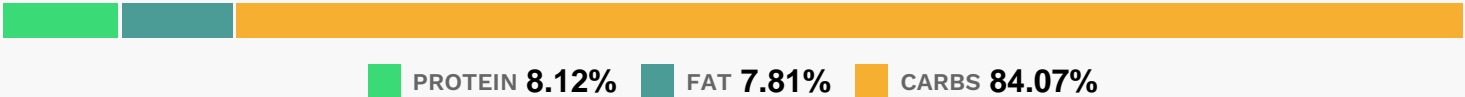
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Beat cold water and egg yolks together until mixture makes 1 quart--at least 10 minutes. Slowly add sugar and vanilla to egg yolk mixture, beating for at least 7 minutes more.
- ☐ Sift the cake flour, baking powder, and salt together. Fold into the egg yolk mixture.
- ☐ Beat egg whites until medium-stiff peaks form. Fold one third of the egg white mixture into the batter to lighten; fold in remaining egg whites.
- ☐ Pour batter into an ungreased tube pan.
- ☐ Bake in preheated oven until cake springs back when lightly touched with a fingertip, about 50 minutes. Turn upside down to cool in pan for 1 hour. Loosen sides and coax from pan.

Nutrition Facts



Properties

Glycemic Index:229.09, Glycemic Load:313.23, Inflammation Score:-4, Nutrition Score:27.371304563854%

Nutrients (% of daily need)

Calories: 2179.01kcal (108.95%), Fat: 19.06g (29.32%), Saturated Fat: 5.69g (35.57%), Carbohydrates: 461.67g (153.89%), Net Carbohydrates: 456.41g (165.97%), Sugar: 301.53g (335.03%), Cholesterol: 583.2mg (194.4%), Sodium: 1197.3mg (52.06%), Alcohol: 1.38g (100%), Alcohol %: 0.21% (100%), Protein: 44.6g (89.21%), Selenium: 136.89µg (195.56%), Manganese: 1.8mg (89.76%), Phosphorus: 524.17mg (52.42%), Vitamin B2: 0.87mg (51.31%), Folate: 154.63µg (38.66%), Calcium: 352.94mg (35.29%), Vitamin B5: 2.75mg (27.45%), Copper: 0.51mg (25.68%), Iron: 4.12mg (22.86%), Zinc: 3.18mg (21.22%), Fiber: 5.26g (21.03%), Vitamin D: 2.92µg (19.44%), Vitamin B12: 1.13µg (18.9%), Vitamin B1: 0.27mg (18.27%), Magnesium: 70.64mg (17.66%), Vitamin A: 783.05IU (15.66%), Vitamin E: 2.27mg (15.12%), Vitamin B6: 0.28mg (13.77%), Potassium: 437.15mg (12.49%), Vitamin B3: 2.31mg (11.56%)