



Great-Grandmother Pearl's Angel Food Cake with Peaches

READY IN



45 min.

SERVINGS



10

CALORIES



434 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract pure
- ☐ 2 cups cake flour
- ☐ 2 teaspoons cream of tartar
- ☐ 2 cups egg whites
- ☐ 10 servings lightly whipped cream sweetened for serving
- ☐ 5 peaches sliced into thin wedges
- ☐ 0.5 teaspoon salt
- ☐ 3 cups sugar

- ☐ 1 teaspoon vanilla extract pure

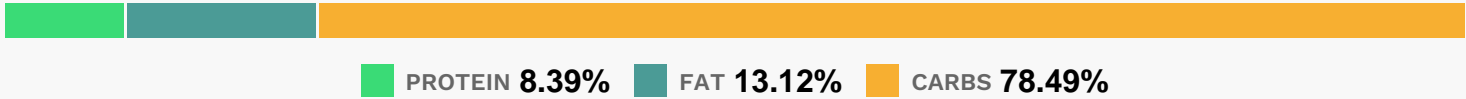
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ sieve
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form
- ☐ spatula

Directions

- ☐ Preheat the oven to 32
- ☐ In a standing electric mixer, beat the egg whites at medium speed until foamy.
- ☐ Add the cream of tartar and salt and beat until stiff peaks form. Beat in 2 1/2 cups of the sugar, a few tablespoons at a time, until smooth and glossy, about 4 minutes.
- ☐ Transfer the egg whites to a large, wide bowl. Using a fine sieve, gradually sift the flour over the egg whites, gently folding in the flour with a spatula. Fold in the vanilla and almond extracts. Scrape the cake batter into a 10-inch angel food cake pan. Using a table knife, slice through the cake batter several times to release any air bubbles. Tap the cake pan once or twice on a flat surface.
- ☐ Bake the cake in the center of the oven for 20 minutes. Increase the oven temperature to 350 and bake the cake for about 35 minutes longer, until a toothpick inserted in the center comes out clean. Invert the pan onto the neck of a wine bottle and let the cake cool completely.
- ☐ Meanwhile, toss the peaches with the remaining 1/2 cup of sugar and refrigerate, stirring occasionally, until juicy, for at least 1 hour or up to 4 hours.
- ☐ To loosen the cake, run a thin-bladed knife around the side and tube of the pan. Unmold the cake and transfer to a platter.
- ☐ Cut the cake into wedges and serve with the peaches and whipped cream.

Nutrition Facts



Properties

Glycemic Index:17.73, Glycemic Load:56.23, Inflammation Score:-4, Nutrition Score:5.8160869660585%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 433.62kcal (21.68%), Fat: 6.44g (9.91%), Saturated Fat: 3.53g (22.03%), Carbohydrates: 86.74g (28.91%), Net Carbohydrates: 85.02g (30.92%), Sugar: 67.78g (75.31%), Cholesterol: 20.55mg (6.85%), Sodium: 213.88mg (9.3%), Alcohol: 0.28g (100%), Alcohol %: 0.15% (100%), Protein: 9.28g (18.55%), Selenium: 21.58µg (30.83%), Vitamin B2: 0.26mg (15.52%), Manganese: 0.25mg (12.74%), Vitamin A: 462.5IU (9.25%), Potassium: 297.13mg (8.49%), Fiber: 1.73g (6.9%), Copper: 0.12mg (6.06%), Phosphorus: 48.12mg (4.81%), Vitamin B3: 0.91mg (4.54%), Magnesium: 17.71mg (4.43%), Vitamin E: 0.65mg (4.32%), Vitamin C: 3.16mg (3.84%), Folate: 14.69µg (3.67%), Iron: 0.57mg (3.18%), Vitamin B5: 0.32mg (3.17%), Zinc: 0.41mg (2.73%), Vitamin B1: 0.04mg (2.67%), Vitamin K: 2.33µg (2.21%), Calcium: 21.46mg (2.15%), Vitamin B6: 0.03mg (1.53%)