



## Heavenly Angel Food Cake

 Dairy Free

READY IN



175 min.

SERVINGS



16

CALORIES



134 kcal

DESSERT

### Ingredients

- ☐ 1.5 cups powdered sugar
- ☐ 1 cup cake flour
- ☐ 1.5 cups egg whites
- ☐ 1.5 teaspoons cream of tartar
- ☐ 1 cup granulated sugar
- ☐ 1.5 teaspoons vanilla
- ☐ 0.5 teaspoon almond extract
- ☐ 0.3 teaspoon salt

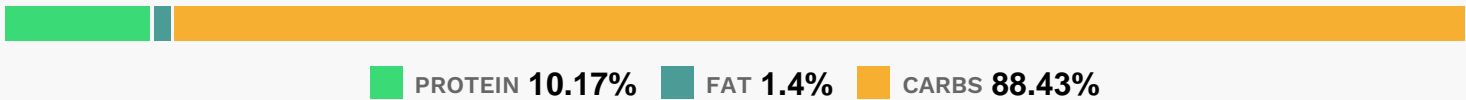
# Equipment

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

# Directions

- ☐ Move oven rack to lowest position.
- ☐ Heat oven to 375°F.
- ☐ Mix powdered sugar and flour; set aside. Beat egg whites and cream of tartar in large bowl with electric mixer on medium speed until foamy. Beat in granulated sugar, 2 tablespoons at a time, on high speed, adding vanilla, almond extract and salt with the last addition of sugar. Continue beating until stiff and glossy meringue forms. Do not underbeat.
- ☐ Sprinkle sugar-flour mixture, 1/4 cup at a time, over meringue, folding in just until sugar-flour mixture disappears. Push batter into ungreased angel food cake pan (tube pan), 10x4 inches.
- ☐ Cut gently through batter with metal spatula.
- ☐ Bake 30 to 35 minutes or until cracks feel dry and top springs back when touched lightly. Immediately turn pan upside down onto heatproof funnel or bottle.
- ☐ Let hang about 2 hours or until cake is completely cool. Loosen side of cake with knife or long, metal spatula; remove from pan.

# Nutrition Facts



# Properties

Glycemic Index:8.57, Glycemic Load:12.4, Inflammation Score:-1, Nutrition Score:1.4156521787138%

**Nutrients (% of daily need)**

Calories: 134.1kcal (6.71%), Fat: 0.21g (0.32%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 29.75g (9.92%), Net Carbohydrates: 29.56g (10.75%), Sugar: 23.73g (26.36%), Cholesterol: 0mg (0%), Sodium: 74.85mg (3.25%), Alcohol: 0.17g (100%), Alcohol %: 0.39% (100%), Protein: 3.42g (6.84%), Selenium: 7.8µg (11.14%), Vitamin B2: 0.11mg (6.45%), Manganese: 0.07mg (3.36%), Potassium: 92.57mg (2.64%), Magnesium: 4.53mg (1.13%), Phosphorus: 11.04mg (1.1%), Copper: 0.02mg (1.1%)