

# Heavenly Angel Food Cake

 Vegetarian  Dairy Free

READY IN



50 min.

SERVINGS



20

CALORIES



102 kcal

DESSERT

## Ingredients

- 0.5 teaspoon almond extract
- 1.3 cups powdered sugar
- 1.5 teaspoons cream of tartar
- 1.5 cups egg whites ( 12)
- 1 cup flour all-purpose
- 0.3 teaspoon salt
- 1 cup sugar
- 1.5 teaspoons vanilla extract

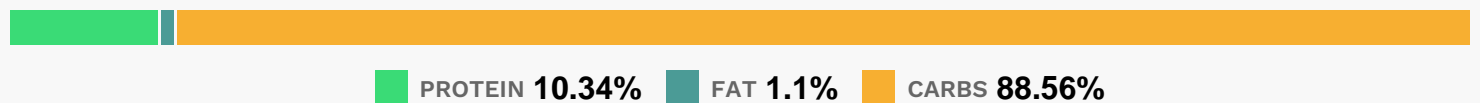
## Equipment

- bowl
- frying pan
- oven
- knife

## Directions

- Place egg whites in a large bowl; let stand at room temperature for 30 minutes. Sift confectioners' sugar and flour together twice; set aside.
- Add the cream of tartar, extracts and salt to egg whites; beat on medium speed until soft peaks form. Gradually add sugar, about 2 tablespoons at a time, beating on high until stiff glossy peaks form and sugar is dissolved. Gradually fold in flour mixture, about 1/2 cup at a time.
- Gently spoon into an ungreased 10-in. tube pan.
- Cut through the batter with a knife to remove air pockets.
- Bake on the lowest oven rack at 350° for 40–45 minutes or until lightly browned and entire top appears dry. Immediately invert pan; cool completely, about 1 hour.
- Run a knife around side and center tube of pan.
- Remove cake to a serving plate.

## Nutrition Facts



## Properties

Glycemic Index:7.25, Glycemic Load:10.43, Inflammation Score:-1, Nutrition Score:1.5078260789261%

## Nutrients (% of daily need)

Calories: 101.63kcal (5.08%), Fat: 0.12g (0.19%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 22.54g (7.51%), Net Carbohydrates: 22.37g (8.13%), Sugar: 17.51g (19.46%), Cholesterol: 0mg (0%), Sodium: 59.85mg (2.6%), Alcohol: 0.14g (100%), Alcohol %: 0.41% (100%), Protein: 2.63g (5.26%), Selenium: 5.87µg (8.38%), Vitamin B2: 0.11mg (6.74%), Vitamin B1: 0.05mg (3.32%), Folate: 12.17µg (3.04%), Manganese: 0.05mg (2.34%), Potassium: 74.47mg

(2.13%), Vitamin B3: 0.39mg (1.95%), Iron: 0.32mg (1.8%)