



Lemon Angel Food Cake

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



294 kcal

DESSERT

Ingredients

- 1.3 cups cake flour sifted (not self-rising)
- 1.5 teaspoons cream of tartar
- 1.5 cups egg whites at room temperature (10 to 12 eggs)
- 0.8 teaspoon kosher salt
- 1.5 teaspoons lemon zest grated (2 lemons)
- 2 cups caster sugar divided sifted
- 0.8 teaspoon vanilla extract pure

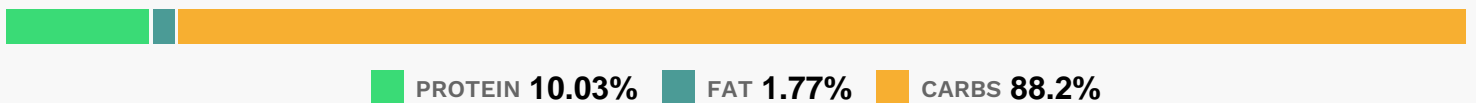
Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- blender
- hand mixer
- spatula

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Combine 1/2 cup of sugar with the flour and sift together 4 times. Set aside.
- Place the egg whites, salt, and cream of tartar in the bowl of an electric mixer fitted with a whisk attachment and beat on high speed until the eggs make medium-firm peaks, about 1 minute. With the mixer on medium speed, add the remaining 1 1/2 cups of sugar by sprinkling it over the beaten egg whites.
- Whisk for a few minutes until thick and shiny.
- Whisk in the vanilla and lemon zest and continue to whisk until very thick, about 1 more minute. Sift about 1/4 of the flour mixture over the egg whites and fold it into the batter with a rubber spatula. Continue adding the flour by fourths by sifting and folding until it's all incorporated.
- Pour the batter into an ungreased 10-inch tube pan, smooth the top, and bake it for 35 to 40 minutes, until it springs back to the touch.
- Remove the cake from the oven and invert the pan on a cooling rack until cool.

Nutrition Facts



Properties

Glycemic Index:17.14, Glycemic Load:44.69, Inflammation Score:-1, Nutrition Score:3.2717391436353%

Nutrients (% of daily need)

Calories: 294.11kcal (14.71%), Fat: 0.58g (0.9%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 65.7g (21.9%), Net Carbohydrates: 65.16g (23.69%), Sugar: 50.35g (55.95%), Cholesterol: 0mg (0%), Sodium: 294.91mg (12.82%), Alcohol: 0.13g (100%), Alcohol %: 0.14% (100%), Protein: 7.47g (14.94%), Selenium: 17.69µg (25.27%), Vitamin B2: 0.22mg (13.1%), Manganese: 0.17mg (8.73%), Potassium: 190.11mg (5.43%), Phosphorus: 27.14mg (2.71%), Copper: 0.05mg (2.69%), Magnesium: 10.34mg (2.58%), Folate: 8.75µg (2.19%), Fiber: 0.54g (2.16%), Vitamin B5: 0.18mg (1.79%), Iron: 0.28mg (1.53%), Zinc: 0.2mg (1.33%), Vitamin B3: 0.26mg (1.3%), Vitamin B1: 0.02mg (1.25%)