



Lemon-Coconut Angel Food Cake

READY IN



60 min.

SERVINGS



12

CALORIES



223 kcal

DESSERT

Ingredients

- ☐ 1 cup cake flour sifted
- ☐ 12 servings caramel-orange sauce
- ☐ 0.8 teaspoon cream of tartar
- ☐ 12 large egg whites at room temperature
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.5 cup coconut or sweetened flaked

☐ 1 teaspoon vanilla extract

Equipment

☐ frying pan

☐ oven

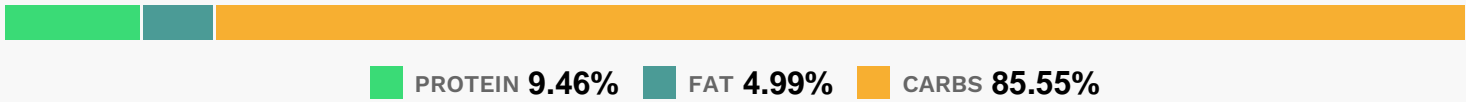
☐ knife

☐ hand mixer

Directions

- ☐ Preheat oven to 35
- ☐ Beat egg whites and salt at high speed with an electric mixer until foamy. Beat in vanilla and lemon juice.
- ☐ Add cream of tartar; beat until soft peaks form.
- ☐ Add sugar, a few tablespoons at a time, beating until firm peaks form. Fold in flour, 1/4 cup at a time. Fold in coconut and lemon zest.
- ☐ Spoon batter into an ungreased 10-inch tube pan, spreading evenly.
- ☐ Cut through batter with a knife to break air pockets.
- ☐ Bake 27 minutes or until cake springs back when lightly touched. Invert pan; cool completely.
- ☐ Loosen cake from sides of pan, and invert onto a plate.
- ☐ Drizzle with Caramel-Orange Sauce; top with Candied Lemons, if desired.

Nutrition Facts



Properties

Glycemic Index:11.42, Glycemic Load:16.53, Inflammation Score:-1, Nutrition Score:2.6456522500223%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 223.19kcal (11.16%), Fat: 1.28g (1.96%), Saturated Fat: 0.96g (6.01%), Carbohydrates: 49.27g (16.42%), Net Carbohydrates: 48.65g (17.69%), Sugar: 41.07g (45.64%), Cholesterol: 0mg (0%), Sodium: 250.24mg (10.88%), Alcohol: 0.1g (100%), Alcohol %: 0.14% (100%), Protein: 5.45g (10.89%), Selenium: 11.93µg (17.04%), Vitamin B2: 0.16mg (9.14%), Manganese: 0.14mg (7.11%), Potassium: 136.29mg (3.89%), Phosphorus: 34.31mg (3.43%), Magnesium: 10.16mg (2.54%), Fiber: 0.62g (2.48%), Calcium: 24.38mg (2.44%), Copper: 0.04mg (1.95%), Vitamin B5: 0.18mg (1.78%), Vitamin B12: 0.1µg (1.7%), Folate: 5.85µg (1.46%), Iron: 0.19mg (1.07%)