



Lemon Curd-Filled Angel Food Cake



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



183 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon cream of tartar
- ☐ 1.8 cups egg whites (13 to 15 eggs)
- ☐ 1.3 cups flour all-purpose
- ☐ 1 slices garnishes: lemon lavender sprigs
- ☐ 2 teaspoons juice of lemon
- ☐ 0.5 teaspoon rum light
- ☐ 0.3 teaspoon orange extract
- ☐ 0.3 teaspoon salt

- ☐ 1.8 cups sugar
- ☐ 0.5 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ stand mixer
- ☐ spatula

Directions

- ☐ Preheat oven to 37
- ☐ Sift together sugar, flour, and salt in a bowl.
- ☐ Combine lemon juice, vanilla extract, rum, and orange extract.
- ☐ Beat egg whites and cream of tartar at high speed with a heavy-duty electric stand mixer until stiff peaks form; gently transfer egg white mixture to a large bowl.
- ☐ Gradually fold in sugar mixture with a large spatula, 1/3 cup at a time, folding just until blended after each addition. Fold in lemon juice mixture.
- ☐ Spoon batter into an ungreased 10-inch angel food pan with feet.
- ☐ Bake at 375 for 34 to 38 minutes or until a long wooden pick inserted in center comes out clean. Invert cake, and let cool in pan 1 hour.
- ☐ Remove cake from pan to a wire rack, and let cool completely (about 30 minutes).
- ☐ Cut cake horizontally into 3 equal rounds.
- ☐ Spread Lemon Curd Filling between layers, leaving a 1/2-inch border. Cover and chill 1 hour.
- ☐ Spread Cream Cheese Frosting on top and sides of cake.
- ☐ Garnish, if desired.

Nutrition Facts



 PROTEIN 11.51%  FAT 1.43%  CARBS 87.06%

Properties

Glycemic Index:15.47, Glycemic Load:28.04, Inflammation Score:-1, Nutrition Score:3.1495652477378%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 183.07kcal (9.15%), Fat: 0.29g (0.45%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 40.16g (13.39%), Net Carbohydrates: 39.76g (14.46%), Sugar: 29.45g (32.73%), Cholesterol: 0mg (0%), Sodium: 107.98mg (4.69%), Alcohol: 0.13g (100%), Alcohol %: 0.2% (100%), Protein: 5.31g (10.61%), Selenium: 11.97µg (17.11%), Vitamin B2: 0.23mg (13.54%), Vitamin B1: 0.11mg (7.39%), Folate: 27.07µg (6.77%), Manganese: 0.1mg (5.05%), Vitamin B3: 0.86mg (4.3%), Iron: 0.7mg (3.88%), Potassium: 106.07mg (3.03%), Phosphorus: 20.5mg (2.05%), Magnesium: 7.08mg (1.77%), Fiber: 0.39g (1.58%), Copper: 0.03mg (1.56%), Vitamin B5: 0.13mg (1.3%)