



Lime Angel Food Cake with Lime Glaze and Pistachios

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



230 kcal

DESSERT

Ingredients

- ☐ 1 cup cake flour
- ☐ 1 teaspoon cream of tartar
- ☐ 10 large egg whites room temperature
- ☐ 4 tablespoons juice of lime fresh divided
- ☐ 2 teaspoons lime zest finely grated
- ☐ 0.5 cup powdered sugar
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup sugar
- ☐ 1.5 cups caster sugar divided
- ☐ 2 ounces pistachios raw unsalted finely chopped
- ☐ 1 teaspoon vanilla extract

Equipment

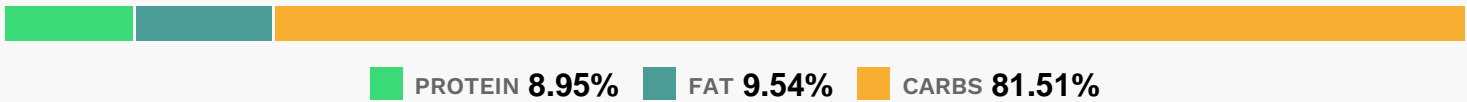
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ funnel

Directions

- ☐ Position rack in center of oven and preheat to 350°F. Sift flour, 1/2 cup superfine sugar, and salt into medium bowl; repeat sifting 3 times. Using electric mixer, beat egg whites, lime peel, and vanilla on medium speed in large bowl until frothy (mixture may turn neon green but color will change when remaining ingredients are added).
- ☐ Add cream of tartar; increase speed to high and beat until soft peaks form. Gradually add remaining 1 cup sugar, 2 tablespoons at a time, beating until stiff peaks form.
- ☐ Sprinkle 1/3 of flour mixture over whites and gently fold in until incorporated. Fold in remaining flour mixture in 2 more additions just until incorporated.
- ☐ Transfer to ungreased 10-inch angel food cake pan with 4-inch-high sides and removable bottom (do not use nonstick pan); smooth top.
- ☐ Bake cake until pale golden and tester inserted near center comes out clean, about 38 minutes. Immediately invert cake onto work surface if pan has feet, or invert center tube of pan onto neck of bottle or metal funnel and cool cake completely.
- ☐ Using long thin knife, cut around cake sides and center tube to loosen. Lift out center tube with cake still attached; run knife between cake and bottom of pan to loosen. Invert cake onto rack, then turn cake over, rounded side up. Set rack with cake atop rimmed baking sheet.

- ☐ Combinesugar and 3 tablespoons lime juice in smallsaucepan; stir over medium heat until sugardissolves.
- ☐ Brush syrup all over top and sidesof cake. Immediately press pistachios ontotop and sides of cake, pressing to adhere.
- ☐ Stir powdered sugar with remaining1 tablespoon lime juice in small bowl untilsmooth.
- ☐ Drizzle glaze over top of cake.
- ☐ Letstand until glaze sets, about 10 minutes.DO AHEAD: Cake can be made up to 1 dayahead. Cover with cake dome and storeat room temperature.
- ☐ Transfer cake to platter; cut intowedges and serve.
- ☐ Be sure not to use anonstick pan or to grease or butter thecake pan for this cake. Because this cake iscooled upside down, you want it to stick tothe sides a bit. If your angel food cake pandoesn't have feet, have a metal funnel or abottle with a slim neck nearby. You'll invertthe tube of the pan onto the funnel or bottleas soon as the cake comes out of the oven.
- ☐ Per serving: 197.2 calories,
- ☐ 5 % calories from fat, 2.5 g fat,
- ☐ 3 g saturated fat,
- ☐ mg cholesterol,
- ☐ 5 g carbohydrates,
- ☐ 8 g total sugars,
- ☐ 7 g net carbohydrates,
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:19.93, Glycemic Load:28.17, Inflammation Score:-1, Nutrition Score:2.9669564742109%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 229.67kcal (11.48%), Fat: 2.49g (3.84%), Saturated Fat: 0.29g (1.83%), Carbohydrates: 47.94g (15.98%), Net Carbohydrates: 47.17g (17.15%), Sugar: 38.88g (43.2%), Cholesterol: 0mg (0%), Sodium: 95.29mg (4.14%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Protein: 5.26g (10.52%), Selenium: 10.34µg (14.78%), Vitamin B2: 0.15mg (8.61%), Manganese: 0.15mg (7.41%), Copper: 0.09mg (4.56%), Potassium: 151.67mg (4.33%), Phosphorus: 37.18mg (3.72%), Fiber: 0.77g (3.07%), Vitamin B6: 0.06mg (3.01%), Vitamin B1: 0.04mg (2.91%), Magnesium: 11.25mg (2.81%), Vitamin C: 1.74mg (2.11%), Iron: 0.34mg (1.9%), Folate: 7.47µg (1.87%), Zinc: 0.22mg (1.45%), Vitamin B5: 0.13mg (1.29%), Vitamin E: 0.16mg (1.04%), Vitamin B3: 0.21mg (1.03%)