



Mamon (Sponge Cakes)

 Vegetarian  Dairy Free

READY IN



125 min.

SERVINGS



16

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon double-acting baking powder
- 0.5 teaspoon cream of tartar
- 8 egg whites
- 8 egg yolk
- 2.5 cups flour all-purpose
- 0.3 cup orange juice
- 2 tablespoons orange zest grated
- 1 teaspoon salt

- 1 teaspoon vanilla extract
- 0.5 cup vegetable oil
- 0.3 cup water
- 0.5 cup granulated sugar white

Equipment

- bowl
- oven
- whisk
- mixing bowl
- wire rack
- toothpicks
- muffin liners

Directions

- Preheat an oven to 325 degrees F (165 degrees C). Grease 16 muffin cups.
- Stir the flour, 1 cup sugar, baking powder, and salt together in a large bowl. Make a well in the center of the flour mixture and add the oil, egg yolks, grated orange peel, vanilla extract, orange juice, and water.
- Mix well by hand until smooth with no lumps.
- Beat the egg whites with the cream of tartar until foamy in a large glass or metal mixing bowl. Gradually add the 1/2 cup sugar, continuing to beat until soft peaks form. Lift your beater or whisk straight up: the egg whites will form soft mounds rather than a sharp peak. Fold the flour mixture into the egg whites.
- Pour the resulting batter into the prepared muffin cups to about 2/3 full.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 40 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



■ PROTEIN 13.98% ■ FAT 24.5% ■ CARBS 61.52%

Properties

Glycemic Index:18.07, Glycemic Load:15.61, Inflammation Score:-2, Nutrition Score:5.5639130810033%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 148.39kcal (7.42%), Fat: 4g (6.15%), Saturated Fat: 1.1g (6.87%), Carbohydrates: 22.58g (7.53%), Net Carbohydrates: 21.96g (7.99%), Sugar: 6.91g (7.68%), Cholesterol: 97.2mg (32.4%), Sodium: 254.91mg (11.08%), Alcohol: 0.09g (100%), Alcohol %: 0.16% (100%), Protein: 5.13g (10.26%), Selenium: 14.71µg (21.02%), Folate: 51.26µg (12.81%), Vitamin B2: 0.21mg (12.56%), Vitamin B1: 0.18mg (11.69%), Phosphorus: 75.93mg (7.59%), Manganese: 0.14mg (7.1%), Iron: 1.27mg (7.06%), Calcium: 61.77mg (6.18%), Vitamin B3: 1.2mg (6%), Vitamin C: 3.6mg (4.37%), Vitamin B5: 0.4mg (3.97%), Vitamin D: 0.49µg (3.24%), Vitamin B12: 0.19µg (3.15%), Vitamin A: 143.26IU (2.87%), Vitamin K: 2.63µg (2.51%), Fiber: 0.62g (2.48%), Vitamin E: 0.36mg (2.4%), Potassium: 83.23mg (2.38%), Zinc: 0.35mg (2.37%), Vitamin B6: 0.04mg (2.21%), Copper: 0.04mg (2.16%), Magnesium: 7.42mg (1.85%)