

# Maple Angel Food Cake

 Dairy Free

READY IN



85 min.

SERVINGS



10

CALORIES



277 kcal

DESSERT

## Ingredients

- 1.1 cups cake flour sifted
- 1.5 cups confectioners' sugar
- 1.3 teaspoons cream of tartar
- 1 tablespoon egg whites
- 1.5 cups egg whites at room temperature (from 12 eggs)
- 0.3 cup maple syrup pure
- 3 tablespoons maple syrup pure
- 0.5 teaspoon salt

- 1.3 cups sugar
- 1 teaspoon vanilla extract pure

## Equipment

- frying pan
- oven
- knife
- whisk
- blender
- hand mixer
- spatula
- serrated knife

## Directions

- Preheat the oven to 375 degrees F. In a mixer fitted with the whisk attachment (or using a hand mixer), whip the egg whites until foamy.
- Add the cream of tartar and salt and continue whipping until soft peaks form. With the mixer running, gradually add 1 cup of the granulated sugar and continue whipping until stiff and the sugar has dissolved, about 30 seconds more.
- Sift the remaining 1/4-cup of granulated sugar with the sifted cake flour 3 times, to aerate the mixture. Fold into the egg whites, then fold in the vanilla and maple syrup.
- Spoon the batter into an ungreased proper angel food pan or 6 miniature ones. Smooth the top with the back of the spoon.
- Bake until light golden brown, 30 to 35 minutes. Cool by hanging the cake (in the pan) upside down around the neck of a bottle until it cools to room temperature. Run a long, sharp knife blade around the cake to loosen, then knock the cake out onto a plate.
- Glaze: Stir the ingredients together until smooth.
- Pour over the top of the cake and spread with a spatula, letting the glaze trickle down the sides.
- Let set for at least 30 minutes before serving, or until the icing is hard.
- Cut with a serrated knife, using a sawing motion.

# Nutrition Facts

PROTEIN 8.34% FAT 1.22% CARBS 90.44%

## Properties

Glycemic Index:21.01, Glycemic Load:27.52, Inflammation Score:-1, Nutrition Score:3.7756522732746%

## Nutrients (% of daily need)

Calories: 276.81kcal (13.84%), Fat: 0.38g (0.58%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 63.09g (21.03%), Net Carbohydrates: 62.75g (22.82%), Sugar: 51.34g (57.04%), Cholesterol: 0mg (0%), Sodium: 181.62mg (7.9%), Alcohol: 0.14g (100%), Alcohol %: 0.16% (100%), Protein: 5.82g (11.64%), Manganese: 0.44mg (22.12%), Vitamin B2: 0.36mg (21.29%), Selenium: 13.43µg (19.18%), Potassium: 170.85mg (4.88%), Magnesium: 10.7mg (2.67%), Calcium: 20.65mg (2.07%), Phosphorus: 19.37mg (1.94%), Copper: 0.04mg (1.92%), Zinc: 0.24mg (1.57%), Folate: 6.16µg (1.54%), Vitamin B1: 0.02mg (1.47%), Fiber: 0.34g (1.35%), Vitamin B5: 0.13mg (1.34%), Iron: 0.21mg (1.17%)