



Maple Walnut Chiffon Cake

READY IN



155 min.

SERVINGS



8

CALORIES



476 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 3.4 ounce butterscotch pudding mix instant
- ☐ 0.5 teaspoon cream of tartar
- ☐ 1 cup egg whites
- ☐ 5 egg yolks
- ☐ 0.5 teaspoon maple-flavored extract
- ☐ 1 cup milk
- ☐ 2 cups pastry flour
- ☐ 1 teaspoon salt

- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup vegetable oil
- ☐ 0.5 cup walnuts finely chopped
- ☐ 0.8 cup water lukewarm
- ☐ 2 cups whipped cream
- ☐ 1.5 cups sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ wooden spoon
- ☐ spatula

Directions

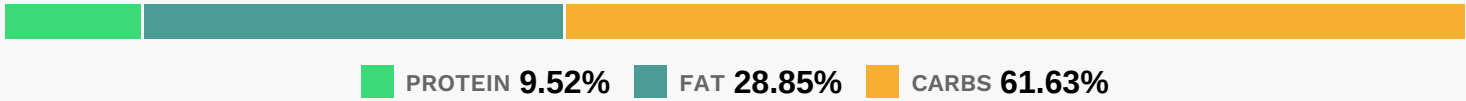
- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Sift flour, sugar, baking powder, and salt together into a large bowl.
- ☐ Make a well in the dry ingredients; place water, oil, egg yolks, vanilla extract, and maple extract into the well. Stir together with a wooden spoon, then beat until batter is smooth; stir in walnuts.
- ☐ Place egg whites in a large glass or metal bowl.
- ☐ Sprinkle egg whites with cream of tartar; beat until stiff peaks form. Lift your beater or whisk straight up: the egg whites will form sharp peaks.
- ☐ Use a rubber spatula or wire whisk to fold 1/4 the beaten egg whites into the batter. Gently run the spatula through the center of the bowl, then around the sides of the bowl, repeating until fully incorporated; repeat folding with remaining egg whites, 1/4 at a time, folding just

until incorporated. Turn the batter into an ungreased 9- or 10-inch tube pan.

- ☐
- Cut through the batter with a knife to eliminate large air bubbles.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:34.39, Glycemic Load:28.23, Inflammation Score:-4, Nutrition Score:14.761739072268%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 475.54kcal (23.78%), Fat: 15.75g (24.24%), Saturated Fat: 4.72g (29.5%), Carbohydrates: 75.73g (25.24%), Net Carbohydrates: 71.95g (26.16%), Sugar: 50.31g (55.9%), Cholesterol: 136.56mg (45.52%), Sodium: 597.18mg (25.96%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 11.69g (23.38%), Manganese: 1.49mg (74.28%), Selenium: 32.4µg (46.29%), Phosphorus: 258.13mg (25.81%), Vitamin B2: 0.31mg (18.48%), Calcium: 176.7mg (17.67%), Magnesium: 62.57mg (15.64%), Fiber: 3.78g (15.1%), Vitamin B1: 0.22mg (14.62%), Copper: 0.27mg (13.33%), Vitamin B6: 0.23mg (11.36%), Iron: 1.84mg (10.2%), Zinc: 1.47mg (9.77%), Folate: 38.46µg (9.61%), Potassium: 305.92mg (8.74%), Vitamin B3: 1.65mg (8.24%), Vitamin B5: 0.78mg (7.76%), Vitamin B12: 0.45µg (7.58%), Vitamin D: 1µg (6.69%), Vitamin A: 318.55IU (6.37%), Vitamin K: 6.23µg (5.94%), Vitamin E: 0.89mg (5.92%)