



Marbled Devil's Food Angel Cake

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



183 kcal

DESSERT

Ingredients

- 2 ounces bittersweet chocolate chopped
- 1 cup cake flour sifted
- 1 teaspoon cream of tartar
- 12 large egg whites
- 1.5 teaspoons juice of lemon fresh
- 0.3 teaspoon salt
- 1.5 cups sugar divided
- 2 tablespoons cocoa unsweetened

- 2 teaspoons vanilla extract
- 0.3 cup water hot

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- blender
- microwave
- spatula
- measuring cup



Directions

- Preheat oven to 32
- To prepare cake, lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour and 3/4 cup sugar, stirring with a whisk.
- Place egg whites in a large bowl; beat with a mixer at high speed until foamy.
- Add cream of tartar and salt; beat until soft peaks form.
- Add 3/4 cup sugar, 2 tablespoons at a time, beating until stiff peaks form. Beat in vanilla and juice.
- Sift 1/4 cup flour mixture over egg white mixture; fold in. Repeat procedure with remaining flour, 1/4 cup at a time. Gently spoon half of cake batter into a large bowl. Sift cocoa over half of batter; gently fold in.
- Spoon half of plain batter into an ungreased 10-inch tube pan, spreading evenly. Top with half of chocolate batter; repeat layers. Swirl batters together with a knife.
- Bake at 325 for 50 minutes or until cake springs back when lightly touched. Invert pan; cool completely. Loosen cake from sides of pan using a narrow metal spatula. Invert onto plate.

To prepare glaze, place chocolate and hot water in a small glass bowl. Microwave at high 1 minute or until almost melted; stir until smooth.

Drizzle glaze over cake. Chill cake 10 minutes.

Nutrition Facts

 **PROTEIN 11.46%**  **FAT 10.87%**  **CARBS 77.67%**

Properties

Glycemic Index:11.42, Glycemic Load:22.35, Inflammation Score:-1, Nutrition Score:3.0208695759268%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 182.97kcal (9.15%), Fat: 2.24g (3.44%), Saturated Fat: 1.13g (7.09%), Carbohydrates: 35.94g (11.98%), Net Carbohydrates: 35g (12.73%), Sugar: 27.07g (30.07%), Cholesterol: 0.28mg (0.09%), Sodium: 104.78mg (4.56%), Alcohol: 0.23g (100%), Alcohol %: 0.36% (100%), Caffeine: 5.98mg (1.99%), Protein: 5.3g (10.6%), Selenium: 11.4µg (16.29%), Vitamin B2: 0.16mg (9.47%), Manganese: 0.18mg (9.2%), Copper: 0.12mg (6.04%), Magnesium: 18.88mg (4.72%), Potassium: 147.05mg (4.2%), Fiber: 0.94g (3.75%), Phosphorus: 33.56mg (3.36%), Iron: 0.56mg (3.1%), Zinc: 0.29mg (1.9%), Folate: 5.15µg (1.29%), Vitamin B5: 0.13mg (1.26%)