



Margarita Angel Cake

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



187 kcal

DESSERT

Ingredients

- ☐ 1 cup cake flour sifted
- ☐ 1 teaspoon cream of tartar
- ☐ 12 large egg whites
- ☐ 1.5 teaspoons juice of lime fresh
- ☐ 3 tablespoons juice of lime fresh
- ☐ 2 tablespoons lime rind grated
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups sugar divided

- ☐ 3 tablespoons sugar
- ☐ 3 tablespoons tequila
- ☐ 3 tablespoons triple sec orange-flavored (liqueur)
- ☐ 2 teaspoons vanilla extract
- ☐ 3 tablespoons water

Equipment

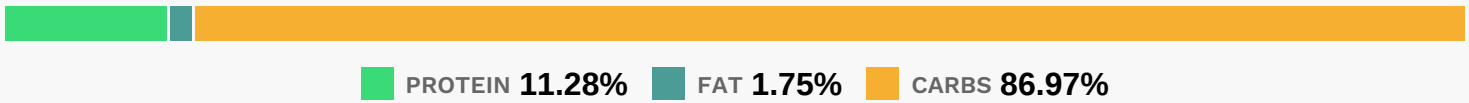
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ spatula
- ☐ skewers
- ☐ measuring cup

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 rind, vanilla, and 1 1/2 teaspoons juice.
- ☐ Sift 1/4 cup flour mixture over egg mixture; fold in. Repeat procedure with remaining flour mixture, 1/4 cup at a time.

- ☐
- Spoon batter into an ungreased 10–inch tube pan, spreading evenly. Break air pockets by cutting through batter 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, combine 3 tablespoons sugar and remaining ingredients in a small saucepan; bring to a boil. Reduce heat; simmer 3 minutes or until sugar dissolves, stirring occasionally. Pierce entire surface of cake liberally with a skewer; drizzle glaze over cake.
- ☐
- Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:21.18, Glycemic Load:24.47, Inflammation Score:-1, Nutrition Score:2.1104347728517%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 186.74kcal (9.34%), Fat: 0.34g (0.52%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 37.6g (12.53%), Net Carbohydrates: 37.31g (13.57%), Sugar: 29.59g (32.88%), Cholesterol: 0mg (0%), Sodium: 152.99mg (6.65%), Alcohol: 2.46g (100%), Alcohol %: 3.49% (100%), Protein: 4.87g (9.75%), Selenium: 10.92µg (15.61%), Vitamin B2: 0.16mg (9.33%), Manganese: 0.09mg (4.59%), Potassium: 114.36mg (3.27%), Vitamin C: 1.6mg (1.94%), Magnesium: 6.88mg (1.72%), Copper: 0.03mg (1.71%), Phosphorus: 16.27mg (1.63%), Folate: 5.28µg (1.32%), Fiber: 0.3g (1.18%), Vitamin B5: 0.12mg (1.16%)