

Mocha Angel Food Cake

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



131 kcal

DESSERT

Ingredients

- 0.5 cup cake flour
- 1 teaspoon cream of tartar
- 1.5 cups egg whites (9 to 11 large egg whites)
- 12 servings mocha sauce
- 1 tablespoon espresso coffee dried instant
- 12 servings try build-a-meal
- 0.3 teaspoon salt
- 1.3 cups sugar

0.5 cup cocoa unsweetened

1 teaspoon vanilla

Equipment

bowl

frying pan

oven

knife

blender

cake form

Directions

Sift cake flour and measure 1/2 cup. In a bowl, mix flour, 1/4 cup sugar, cocoa, instant espresso, and salt.

In a deep bowl (at least 4-qt.) with a mixer at high speed, whip egg whites and cream of tartar until they form a thick foam. Continue to beat and add remaining 1 cup sugar, 1 tablespoon about every 15 seconds, whipping until whites hold very stiff peaks.

Mix in vanilla.

Sprinkle about 1/2 the flour mixture over whipped whites. Gently fold mixture until blended.

Sprinkle with remaining flour mixture and gently fold to blend well. Scrape batter into a 10-inch tube cake pan with a removable rim; spread level.

Bake in a 350 oven until center of cake springs back when lightly pressed and begins to pull from pan side, 40 to 45 minutes.

Invert pan on a rack; let stand at least 1 hour. Run a thin knife between cake and pan rim. Push cake from pan rim. Slide thin knife between cake and pan bottom, and around tube to pan bottom. Invert cake onto a plate and lift out tube section.

Nutrition Facts



PROTEIN 13.91% FAT 4.7% CARBS 81.39%

Properties

Glycemic Index:11.42, Glycemic Load:16.99, Inflammation Score:-2, Nutrition Score:3.433913041716%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 130.51kcal (6.53%), Fat: 0.73g (1.12%), Saturated Fat: 0.31g (1.91%), Carbohydrates: 28.3g (9.43%), Net Carbohydrates: 26.63g (9.68%), Sugar: 21.37g (23.74%), Cholesterol: 0mg (0%), Sodium: 112.26mg (4.88%), Alcohol: 0.11g (100%), Alcohol %: 0.23% (100%), Caffeine: 21.33mg (7.11%), Protein: 4.84g (9.67%), Selenium: 9.34µg (13.35%), Manganese: 0.26mg (12.92%), Vitamin B2: 0.15mg (8.98%), Copper: 0.16mg (8.1%), Fiber: 1.68g (6.71%), Magnesium: 26.41mg (6.6%), Potassium: 173.41mg (4.95%), Phosphorus: 43.53mg (4.35%), Iron: 0.67mg (3.73%), Zinc: 0.36mg (2.39%), Vitamin B3: 0.34mg (1.68%), Folate: 4.23µg (1.06%), Vitamin B5: 0.11mg (1.05%)