



Molasses Angel Food Cake With Lemon Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



156 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 1 cup cake flour sifted
- ☐ 1.3 teaspoons cream of tartar
- ☐ 11 large egg whites
- ☐ 0.7 cup granulated sugar
- ☐ 1 teaspoon ground ginger
- ☐ 12 servings lemon sauce
- ☐ 0.3 cup blackstrap molasses

- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ cake form
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ Prepare Lemon Sauce; set aside.
- ☐ Preheat oven to 35
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife. Sift together flour and next 3 ingredients.
- ☐ Beat egg whites until foamy.
- ☐ Add cream of tartar; beat until soft peaks form.
- ☐ Add sugar, 2 tablespoons at a time, beating until stiff peaks form. Slowly pour in molasses, beating egg white mixture until sugar dissolves. Fold in flour mixture over egg white mixture, 1/4 cup at a time.
- ☐ Add vanilla.
- ☐ Spoon batter into an ungreased 10-inch tube pan, spreading evenly. Break air pockets by cutting through batter with a knife.
- ☐ Bake at 350 for 35 to 38 minutes or until cake springs back when lightly touched. Invert cake pan; cool completely. Loosen cake from sides of pan, using a narrow metal spatula. Invert cake onto plate.
- ☐ Serve with Lemon Sauce.

Nutrition Facts



 **PROTEIN 11.8%**  **FAT 1.69%**  **CARBS 86.51%**

Properties

Glycemic Index:17.22, Glycemic Load:15.08, Inflammation Score:-1, Nutrition Score:3.4504347925439%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 155.66kcal (7.78%), Fat: 0.3g (0.45%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 34.09g (11.36%), Net Carbohydrates: 33.62g (12.22%), Sugar: 25.69g (28.55%), Cholesterol: 0mg (0%), Sodium: 152.97mg (6.65%), Alcohol: 0.11g (100%), Alcohol %: 0.19% (100%), Protein: 4.65g (9.3%), Selenium: 11.73µg (16.76%), Manganese: 0.26mg (12.94%), Vitamin B2: 0.14mg (8.43%), Potassium: 238.58mg (6.82%), Magnesium: 24.71mg (6.18%), Vitamin C: 3.71mg (4.5%), Copper: 0.07mg (3.48%), Iron: 0.61mg (3.38%), Vitamin B6: 0.06mg (3.14%), Calcium: 27.92mg (2.79%), Fiber: 0.47g (1.88%), Phosphorus: 18.62mg (1.86%), Vitamin B5: 0.19mg (1.86%), Folate: 5.53µg (1.38%), Vitamin B3: 0.24mg (1.18%), Vitamin B1: 0.02mg (1.02%)