



Orange Angel Food Cake

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



823 kcal

DESSERT

Ingredients

- 1 teaspoon cream of tartar
- 10 egg whites
- 0.8 cup flour all-purpose
- 0.5 teaspoon juice of lemon
- 2 tablespoons orange liqueur
- 18 ounce orange marmalade
- 15 orange sections
- 0.5 cup powdered sugar sifted

- 0.3 teaspoon salt
- 1 cup sugar
- 1.5 cups sugar
- 1 teaspoon vanilla extract
- 0.5 cup water

Equipment

- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- wire rack
- blender

Directions

- Combine first 4 ingredients in a heavy saucepan; cook over medium-high heat, stirring constantly, 5 minutes.
- Dip orange sections, 1 at a time, into syrup, and cool on parchment paper.
- Beat egg whites, cream of tartar, and salt at high speed with a mixer until foamy.
- Add 1 1/2 cups sugar, 2 tablespoons at a time, beating until stiff peaks form (2 to 4 minutes). Fold in vanilla and flour, 1/4 cup at a time.
- Line in a 15- x 10-inch jellyroll pan with parchment paper; spread marmalade over paper.
- Pour batter over marmalade.
- Bake at 325 for 25 minutes; cool in pan on wire rack.
- Sprinkle with powdered sugar. Invert onto a baking sheet; peel off paper.
- Cut cake with a 2 1/2-inch round cutter; serve with orange sections.

Nutrition Facts



■ PROTEIN 4.33% ■ FAT 0.71% ■ CARBS 94.96%

Properties

Glycemic Index:51.54, Glycemic Load:81.72, Inflammation Score:-3, Nutrition Score:8.1213044597079%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 10.7mg, Hesperetin: 10.7mg, Hesperetin: 10.7mg, Hesperetin: 10.7mg Naringenin: 5.98mg, Naringenin: 5.98mg, Naringenin: 5.98mg, Naringenin: 5.98mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 822.97kcal (41.15%), Fat: 0.67g (1.03%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 201.03g (67.01%), Net Carbohydrates: 198.87g (72.31%), Sugar: 178.94g (198.82%), Cholesterol: 0mg (0%), Sodium: 276.69mg (12.03%), Alcohol: 1.84g (100%), Alcohol %: 0.64% (100%), Protein: 9.16g (18.32%), Vitamin C: 25.84mg (31.32%), Selenium: 19.86µg (28.37%), Vitamin B2: 0.42mg (24.7%), Folate: 57.7µg (14.42%), Vitamin B1: 0.19mg (12.6%), Potassium: 330.98mg (9.46%), Manganese: 0.17mg (8.68%), Fiber: 2.16g (8.64%), Copper: 0.17mg (8.31%), Vitamin B3: 1.35mg (6.73%), Iron: 1.2mg (6.64%), Calcium: 63.52mg (6.35%), Magnesium: 17.22mg (4.31%), Phosphorus: 39.27mg (3.93%), Vitamin B5: 0.31mg (3.1%), Vitamin A: 151.06IU (3.02%), Vitamin B6: 0.05mg (2.72%), Zinc: 0.24mg (1.58%)