



Orange Chiffon Cake

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



488 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2.3 cups cake flour
- ☐ 1 pound confectioners' sugar sifted
- ☐ 1 teaspoon cream of tartar
- ☐ 8 large eggs white at room temperature
- ☐ 0.5 cup orange juice fresh
- ☐ 0.8 cup orange juice fresh
- ☐ 3 tablespoons orange zest grated

- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup vegetable oil

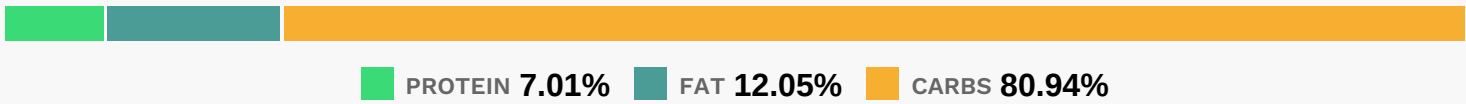
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Make cake: Preheat oven to 325F. Sift flour, 3/4 cup sugar, baking powder and salt. Separate eggs.
- ☐ Whisk yolks, oil, juice, zest and vanilla.
- ☐ Whisk oil mixture into flour mixture.
- ☐ Beat whites until frothy.
- ☐ Add cream of tartar; beat until firm. Beat in 3/4 cup sugar, 1 Tbsp. at a time, until peaks form. Fold 1/4 of whites into batter; add remaining whites.
- ☐ Bake in an ungreased 10-inch tube pan 1 hour and 10 minutes, until a tester comes out clean. Invert pan over neck of a bottle to cool. When cool, run a knife around edges to remove cake.
- ☐ Place on a rack.
- ☐ Make glaze: Stir juice into sugar; drizzle over top of cake and down sides.

Nutrition Facts



Properties

Glycemic Index:33.31, Glycemic Load:36, Inflammation Score:-2, Nutrition Score:8.157825998638%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 488kcal (24.4%), Fat: 6.61g (10.17%), Saturated Fat: 1.66g (10.38%), Carbohydrates: 99.97g (33.32%), Net Carbohydrates: 99.04g (36.01%), Sugar: 77.19g (85.77%), Cholesterol: 148.8mg (49.6%), Sodium: 260.2mg (11.31%), Alcohol: 0.14g (100%), Alcohol %: 0.09% (100%), Protein: 8.65g (17.31%), Selenium: 23.95µg (34.21%), Vitamin C: 17.95mg (21.76%), Vitamin B2: 0.23mg (13.25%), Phosphorus: 129.7mg (12.97%), Manganese: 0.24mg (12.16%), Folate: 37.92µg (9.48%), Calcium: 80.83mg (8.08%), Vitamin B5: 0.8mg (8.04%), Iron: 1.17mg (6.52%), Vitamin B12: 0.36µg (5.93%), Potassium: 200.92mg (5.74%), Vitamin A: 286.12IU (5.72%), Vitamin D: 0.8µg (5.33%), Zinc: 0.78mg (5.23%), Copper: 0.1mg (5.08%), Vitamin E: 0.73mg (4.85%), Vitamin B6: 0.09mg (4.7%), Vitamin B1: 0.07mg (4.57%), Vitamin K: 4.24µg (4.04%), Magnesium: 15.91mg (3.98%), Fiber: 0.93g (3.72%), Vitamin B3: 0.45mg (2.27%)