



Orange Chiffon Cake with Orange Icebox Pie Filling

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



176 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2.5 cups cake flour sifted
- ☐ 0.5 teaspoon cream of tartar
- ☐ 5 large eggs separated
- ☐ 0.8 cup orange juice
- ☐ 3 tablespoons orange rind grated
- ☐ 1 teaspoon salt

- ☐ 1.3 cups sugar
- ☐ 0.5 cup vegetable oil

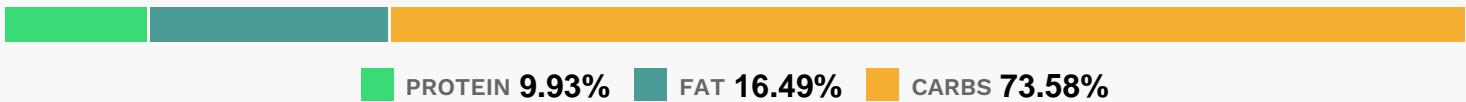
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Combine first 4 ingredients in a mixing bowl. Make a well in center of flour mixture; add oil, egg yolks, and orange juice. Beat at medium-high speed with an electric mixer 3 to 4 minutes or until smooth. Stir in rind.
- ☐ Beat egg whites and cream of tartar at medium-high speed with an electric mixer until stiff peaks form. Gently fold into flour mixture. Spoon batter evenly into 3 greased and floured 9-inch round cakepans.
- ☐ Bake at 350 for 18 to 20 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire rack 10 minutes; remove from pans, and cool completely on racks.
- ☐ Spread Orange Icebox Pie Filling evenly between layers and on top of cake. Cover cake, and chill at least 4 hours.
- ☐ Spread Orange Buttercream Frosting evenly around sides. (Cake may be frozen up to 1 month completely assembled.)
- ☐ Note: Cake batter may be baked in 3 (10-inch) round cakepans or 2 (13- x 9-inch) baking pans for 15 minutes or until a wooden pick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:17.57, Glycemic Load:21.62, Inflammation Score:-1, Nutrition Score:4.0726087145183%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.39mg, Hesperetin: 1.39mg, Hesperetin: 1.39mg, Hesperetin: 1.39mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 176.02kcal (8.8%), Fat: 3.25g (5%), Saturated Fat: 0.75g (4.67%), Carbohydrates: 32.63g (10.88%), Net Carbohydrates: 32.02g (11.64%), Sugar: 17.73g (19.7%), Cholesterol: 58.13mg (19.38%), Sodium: 247.79mg (10.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.81%), Selenium: 12.68µg (18.11%), Vitamin C: 7.34mg (8.9%), Manganese: 0.16mg (8.1%), Phosphorus: 68.53mg (6.85%), Calcium: 59.1mg (5.91%), Vitamin B2: 0.09mg (5.34%), Folate: 17.61µg (4.4%), Vitamin B5: 0.35mg (3.53%), Iron: 0.58mg (3.21%), Copper: 0.05mg (2.72%), Zinc: 0.38mg (2.52%), Vitamin K: 2.62µg (2.5%), Fiber: 0.61g (2.45%), Vitamin E: 0.36mg (2.41%), Potassium: 82.71mg (2.36%), Vitamin B12: 0.14µg (2.32%), Vitamin B1: 0.03mg (2.25%), Vitamin A: 112.74IU (2.25%), Magnesium: 8.49mg (2.12%), Vitamin D: 0.31µg (2.08%), Vitamin B6: 0.04mg (2.02%), Vitamin B3: 0.26mg (1.32%)