



Peppermint Chiffon Cake

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



369 kcal

DESSERT

Ingredients

- 3 teaspoons double-acting baking powder
- 2.5 cups cake flour
- 0.5 teaspoon cream of tartar
- 7 eggs
- 1.5 teaspoons peppermint extract
- 15 drops food coloring red
- 1 teaspoon salt
- 0.5 teaspoon vanilla extract

- 0.5 cup vegetable oil
- 0.5 cup water
- 1.5 cups sugar white

Equipment

- bowl
- frying pan
- oven
- knife
- blender
- spatula
- kugelhopf pan

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Separate the eggs.
- Sift the cake flour, sugar, baking powder and salt into a large bowl. Make a well in the center and add the oil, egg yolks, water, peppermint extract and vanilla extract. Beat with mixer on low for 1 minute.
- Beat egg whites with cream of tarter until stiff peaks form. Gently fold the whites into the yolk mixture.
- Pour 1/3 of the batter into a separate bowl and tint with the food coloring.
- Alternate large spoonfuls of red and plain batter into an ungreased tube or bundt pan. Run a knife or spatula through the batter to make a swirled effect.
- Bake at 325 degrees F (165 degrees C) for 55 minutes. Increase heat to 350 degrees F (175 degrees C) and bake for an additional 15 minutes or until done.
- Let cake cool in pan on rack. Once cool remove from pan and frost, if desired.

Nutrition Facts



■ PROTEIN 10.33% ■ FAT 17.45% ■ CARBS 72.22%

Properties

Glycemic Index:28.64, Glycemic Load:44.91, Inflammation Score:-1, Nutrition Score:7.5126086525295%

Nutrients (% of daily need)

Calories: 368.69kcal (18.43%), Fat: 7.16g (11.01%), Saturated Fat: 1.72g (10.73%), Carbohydrates: 66.62g (22.21%), Net Carbohydrates: 65.68g (23.88%), Sugar: 37.81g (42.02%), Cholesterol: 143.22mg (47.74%), Sodium: 506.44mg (22.02%), Alcohol: 0.34g (100%), Alcohol %: 0.3% (100%), Protein: 9.53g (19.06%), Selenium: 27.56µg (39.37%), Manganese: 0.33mg (16.26%), Phosphorus: 147.05mg (14.71%), Vitamin B2: 0.21mg (12.2%), Calcium: 116.68mg (11.67%), Folate: 30.99µg (7.75%), Vitamin B5: 0.76mg (7.62%), Iron: 1.22mg (6.78%), Vitamin B12: 0.34µg (5.71%), Zinc: 0.84mg (5.58%), Copper: 0.11mg (5.26%), Vitamin E: 0.78mg (5.22%), Vitamin D: 0.77µg (5.13%), Vitamin K: 5.24µg (4.99%), Vitamin A: 208.68IU (4.17%), Vitamin B6: 0.08mg (4.01%), Magnesium: 15.07mg (3.77%), Fiber: 0.94g (3.76%), Potassium: 125.72mg (3.59%), Vitamin B1: 0.05mg (3.12%), Vitamin B3: 0.42mg (2.12%)