



Pineapple Glazed Sponge Cake

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



202 kcal

DESSERT

Ingredients

- ☐ 1 cup cake flour sifted
- ☐ 0.5 teaspoon coconut extract
- ☐ 1 teaspoon cream of tartar
- ☐ 10 egg whites
- ☐ 4 egg yolks
- ☐ 2 tablespoons pineapple juice unsweetened
- ☐ 1.3 cups powdered sugar sifted
- ☐ 0.5 teaspoon salt

- ☐ 1.3 cups sugar divided
- ☐ 0.5 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Sift 1/2 cup sugar and flour together 3 times; set aside. Beat egg yolks at high speed of an electric mixer 3 minutes or until thick and pale.
- ☐ Add coconut extract; beat at medium speed 3 minutes or until thickened. Set aside.
- ☐ Beat egg whites, cream of tartar, and salt at high speed of electric mixer until foamy. Gradually add remaining 3/4 cup sugar, 2 tablespoons at a time, beating until stiff peaks form and sugar dissolves (2 to 4 minutes).
- ☐ Sprinkle flour mixture over egg white mixture, 1/4 cup at a time; fold in carefully. Fold egg yolk mixture and vanilla into egg white mixture.
- ☐ Coat the bottom of a 10-inch tube pan with cooking spray.
- ☐ Pour batter into prepared pan, spreading evenly.
- ☐ Bake at 350 for 45 to 50 minutes or until cake springs back when lightly touched. Invert pan; cool 40 minutes. Loosen cake from sides of pan, using a narrow metal spatula; remove from pan.
- ☐ Place cake on a serving plate.
- ☐ Combine powdered sugar and pineapple juice in a small bowl, stirring until smooth.
- ☐ Drizzle over cooled cake.

Nutrition Facts



Properties

Glycemic Index:15.26, Glycemic Load:19.58, Inflammation Score:-1, Nutrition Score:2.8504347470791%

Nutrients (% of daily need)

Calories: 201.8kcal (10.09%), Fat: 1.88g (2.89%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 41.7g (13.9%), Net Carbohydrates: 41.45g (15.07%), Sugar: 33.56g (37.29%), Cholesterol: 64.8mg (21.6%), Sodium: 142.16mg (6.18%), Alcohol: 0.13g (100%), Alcohol %: 0.21% (100%), Protein: 4.94g (9.87%), Selenium: 12.7µg (18.14%), Vitamin B2: 0.15mg (9.11%), Manganese: 0.1mg (5.21%), Phosphorus: 37.49mg (3.75%), Folate: 13.65µg (3.41%), Potassium: 103.44mg (2.96%), Vitamin B5: 0.27mg (2.74%), Vitamin B12: 0.14µg (2.33%), Vitamin D: 0.32µg (2.16%), Iron: 0.31mg (1.74%), Vitamin A: 86.85IU (1.74%), Copper: 0.03mg (1.71%), Zinc: 0.24mg (1.61%), Magnesium: 6.01mg (1.5%), Vitamin B6: 0.03mg (1.44%), Vitamin B1: 0.02mg (1.43%), Vitamin E: 0.2mg (1.31%), Calcium: 11.83mg (1.18%), Fiber: 0.26g (1.02%)