



Spice Chiffon Cake

 Dairy Free

READY IN



210 min.

SERVINGS



16

CALORIES



268 kcal

DESSERT

Ingredients

- ☐ 7 egg whites
- ☐ 0.5 teaspoon cream of tartar
- ☐ 2 cups flour all-purpose
- ☐ 1.5 cups granulated sugar
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg

- ☐ 0.3 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.8 cup water
- ☐ 0.5 cup vegetable oil
- ☐ 7 egg yolk
- ☐ 2 cups powdered sugar
- ☐ 0.3 cup butter melted
- ☐ 1.5 teaspoons vanilla
- ☐ 2 tablespoons water hot

Equipment

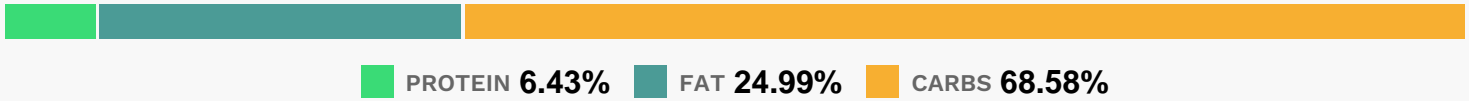
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ cake form
- ☐ spatula
- ☐ funnel

Directions

- ☐ Move oven rack to lowest position.
- ☐ Heat oven to 325°F. In large bowl, beat egg whites and cream of tartar with electric mixer on high speed until stiff peaks form.
- ☐ In another large bowl, mix flour, granulated sugar, baking powder, salt, cinnamon, nutmeg, allspice and cloves.
- ☐ Add water, oil and egg yolks; beat with electric mixer on low speed until smooth. Gradually pour egg yolk mixture over beaten egg whites, folding with rubber spatula just until blended.
- ☐ Pour into ungreased 10-inch angel food (tube) cake pan.

- ☐ Bake 55 minutes. Increase oven temperature to 350°F.
- ☐ Bake about 10 minutes longer or until top springs back when touched lightly. Immediately turn pan upside down onto heatproof funnel or bottle.
- ☐ Let hang about 2 hours or until cake is completely cool. Run knife or long metal spatula around side of pan to loosen cake; remove from pan.
- ☐ In medium bowl, mix powdered sugar, butter and vanilla. Stir in water, 1 tablespoon at a time, until smooth and consistency of thick syrup.
- ☐ Spread glaze over top of cake, allowing some to drizzle down side.

Nutrition Facts



Properties

Glycemic Index:20.44, Glycemic Load:21.85, Inflammation Score:-2, Nutrition Score:4.7417391395277%

Nutrients (% of daily need)

Calories: 267.87kcal (13.39%), Fat: 7.51g (11.56%), Saturated Fat: 1.78g (11.15%), Carbohydrates: 46.39g (15.46%), Net Carbohydrates: 45.88g (16.68%), Sugar: 33.62g (37.36%), Cholesterol: 85.05mg (28.35%), Sodium: 270.16mg (11.75%), Alcohol: 0.13g (100%), Alcohol %: 0.17% (100%), Protein: 4.35g (8.7%), Selenium: 12.54µg (17.92%), Vitamin B2: 0.19mg (10.89%), Folate: 40.71µg (10.18%), Vitamin B1: 0.14mg (9.18%), Manganese: 0.16mg (7.88%), Phosphorus: 61.84mg (6.18%), Iron: 1.05mg (5.81%), Vitamin A: 283.34IU (5.67%), Vitamin B3: 0.94mg (4.72%), Calcium: 46.8mg (4.68%), Vitamin B5: 0.33mg (3.34%), Vitamin E: 0.48mg (3.18%), Vitamin B12: 0.17µg (2.84%), Vitamin D: 0.43µg (2.83%), Vitamin K: 2.69µg (2.56%), Fiber: 0.51g (2.05%), Zinc: 0.3mg (2.03%), Potassium: 66.8mg (1.91%), Copper: 0.04mg (1.88%), Vitamin B6: 0.04mg (1.8%), Magnesium: 5.99mg (1.5%)