



Spiced Angel Cake

READY IN



45 min.

SERVINGS



8

CALORIES



304 kcal

DESSERT

Ingredients

- 0.8 teaspoon double-acting baking powder
- 0.5 cup butter cooled melted
- 1.3 cups cake flour sifted
- 8 servings crème fraîche
- 4 egg whites
- 0.8 teaspoon ground cardamom
- 0.3 teaspoon ground ginger
- 1 teaspoon lemon rind
- 8 servings orange marmalade

- 0.1 teaspoon salt
- 1 cup sugar
- 0.5 vanilla pod

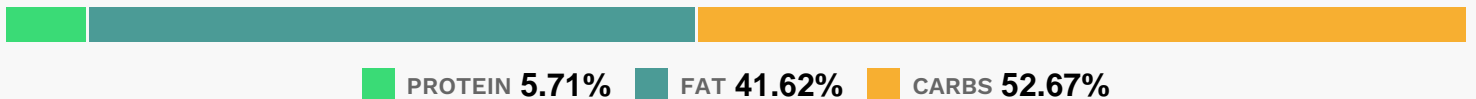
Equipment

- frying pan
- oven
- whisk
- hand mixer

Directions

- Split vanilla bean lengthwise; scrape out seeds. Stir seeds and lemon rind into butter.
- Beat egg whites at high speed with an electric mixer until foamy.
- Add sugar, 1 tablespoon at a time, beating until stiff peaks form and sugar dissolves (5 to 6 minutes). Fold butter mixture into the meringue.
- Whisk together flour and next 4 ingredients. Gently fold dry ingredients into meringue. Carefully spoon batter into a lightly greased 15- x 10-inch jellyroll pan; spread to edges of pan.
- Bake at 350 for 14 minutes or until golden. Cool cake completely.
- Cut cake into squares. Top each piece with a dollop each of orange marmalade and crme frache.

Nutrition Facts



Properties

Glycemic Index:35.51, Glycemic Load:26.73, Inflammation Score:-3, Nutrition Score:3.3230434293332%

Nutrients (% of daily need)

Calories: 304.35kcal (15.22%), Fat: 14.33g (22.04%), Saturated Fat: 8.56g (53.47%), Carbohydrates: 40.8g (13.6%), Net Carbohydrates: 40.23g (14.63%), Sugar: 26.15g (29.05%), Cholesterol: 37.58mg (12.53%), Sodium: 197.2mg (8.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.84%), Selenium: 11.53µg (16.48%), Manganese:

0.23mg (11.62%), Vitamin A: 430.46IU (8.61%), Vitamin B2: 0.11mg (6.36%), Calcium: 43.32mg (4.33%), Phosphorus: 42.45mg (4.24%), Vitamin E: 0.45mg (3.03%), Copper: 0.05mg (2.26%), Fiber: 0.56g (2.26%), Magnesium: 8.74mg (2.18%), Folate: 8.32µg (2.08%), Potassium: 66.66mg (1.9%), Vitamin B5: 0.17mg (1.71%), Iron: 0.3mg (1.64%), Zinc: 0.24mg (1.62%), Vitamin B1: 0.02mg (1.33%), Vitamin B3: 0.24mg (1.19%), Vitamin K: 1.23µg (1.17%), Vitamin B12: 0.06µg (1.05%)