



Strawberry Rhubarb Chiffon Cake

 Vegetarian

READY IN



235 min.

SERVINGS



20

CALORIES



210 kcal

DESSERT

Ingredients

- ☐ 1.8 cups flour all-purpose
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon salt
- ☐ 1.3 cups granulated sugar
- ☐ 0.5 cup vegetable oil
- ☐ 6 egg yolk
- ☐ 0.8 cup purple gel food coloring pureed
- ☐ 22 drops purple gel food coloring red

- ☐ 6 egg whites
- ☐ 0.5 teaspoon cream of tartar
- ☐ 1 cup rhubarb fresh frozen thawed drained chopped
- ☐ 2 teaspoons lemon zest grated
- ☐ 0.3 cup granulated sugar
- ☐ 1 tablespoon water
- ☐ 1.5 cups strawberries quartered
- ☐ 1 cup whipping cream
- ☐ 1.5 cup powdered sugar

Equipment

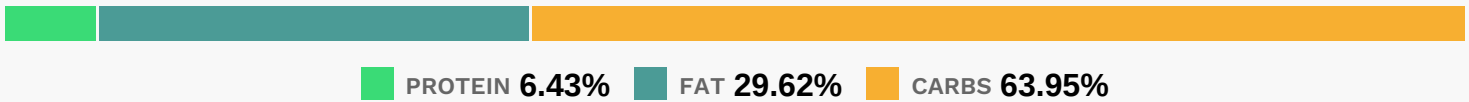
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form
- ☐ funnel

Directions

- ☐ Heat oven to 350°F. In large bowl, mix flour, baking powder, salt and 1/2 cup of the granulated sugar until blended.
- ☐ Add oil, egg yolks, pureed strawberries and food color. Beat with electric mixer on medium speed about 2 minutes or until blended; set aside.
- ☐ Wash and dry beaters. In medium bowl, beat egg whites and cream of tartar with electric mixer on medium speed about 1 minute 30 seconds or until soft peaks form. Gradually add the remaining 3/4 cup granulated sugar. Beat until stiff peaks form. Fold one-third of the egg white mixture into the egg yolk batter gently but thoroughly. Fold in remaining egg white mixture.

- ☐ Pour into ungreased 10-inch angel food (tube) cake pan. Tap pan on counter to remove air bubbles.
- ☐ Bake 50 to 60 minutes or until toothpick inserted in center comes out clean. Immediately turn pan upside down onto heatproof bottle or funnel.
- ☐ Let hang about 2 hours or until cake is completely cool.
- ☐ Meanwhile, in 1-quart saucepan, heat rhubarb, lemon peel, 1/4 cup granulated sugar and the water to boiling over medium heat. Reduce heat to medium-low; simmer until soft and cooked through, about 3 minutes.
- ☐ Remove from heat; set aside to cool, about 30 minutes. Stir in quartered strawberries.
- ☐ In medium bowl, beat 1/2 cup of the whipping cream and 1 tablespoon of the powdered sugar until stiff peaks form. Fold in 1/2 cup of the cooled strawberry-rhubarb mixture. Reserve remaining mixture for top of cake.
- ☐ Place cake top side down on serving platter.
- ☐ Cut 1-inch layer off top of cake; set aside.
- ☐ Cut tunnel into cake 1 inch deep and 1 inch wide; discard tunnel scraps. Fill tunnel with strawberry-rhubarb cream mixture. Replace top of cake.
- ☐ To make glaze, stir together remaining 1/2 cup whipping cream and remaining powdered sugar (almost 1 1/2 cups) in medium bowl until smooth. Spoon glaze over top of cake, letting it run down side. Top with reserved strawberry-rhubarb mixture just before serving.

Nutrition Facts



Properties

Glycemic Index:18.01, Glycemic Load:16.88, Inflammation Score:-2, Nutrition Score:4.4621739024701%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.68mg, Pelargonidin: 2.68mg, Pelargonidin: 2.68mg, Pelargonidin: 2.68mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-

gallate: 0.05mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 209.97kcal (10.5%), Fat: 7.03g (10.82%), Saturated Fat: 3.44g (21.51%), Carbohydrates: 34.16g (11.39%), Net Carbohydrates: 33.52g (12.19%), Sugar: 24.85g (27.61%), Cholesterol: 71.77mg (23.92%), Sodium: 180.41mg (7.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.88%), Selenium: 9.15µg (13.07%), Vitamin B2: 0.15mg (9.02%), Vitamin C: 7.17mg (8.69%), Folate: 31.78µg (7.95%), Vitamin B1: 0.1mg (6.8%), Manganese: 0.13mg (6.69%), Phosphorus: 53.36mg (5.34%), Vitamin A: 260.42IU (5.21%), Calcium: 48.18mg (4.82%), Iron: 0.79mg (4.41%), Vitamin K: 4.48µg (4.27%), Vitamin B3: 0.72mg (3.62%), Vitamin D: 0.48µg (3.21%), Vitamin B5: 0.28mg (2.76%), Vitamin E: 0.39mg (2.62%), Potassium: 90.94mg (2.6%), Fiber: 0.64g (2.57%), Vitamin B12: 0.13µg (2.21%), Vitamin B6: 0.04mg (1.76%), Zinc: 0.26mg (1.71%), Magnesium: 6.79mg (1.7%), Copper: 0.03mg (1.6%)