



Strawberry Sparkle Cake

READY IN



140 min.

SERVINGS



12

CALORIES



352 kcal

DESSERT

Ingredients

- ☐ 1 cup cake flour
- ☐ 1 teaspoon cream of tarter
- ☐ 15 egg whites
- ☐ 1.5 cups heavy cream
- ☐ 0.3 cup powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 1 pound strawberries frozen
- ☐ 12 servings strawberries whole for decorating
- ☐ 3 ounce strawberry gelatin

- ☐ 1.5 cups caster sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 2.5 cups water boiling

Equipment

- ☐ oven
- ☐ cake form

Directions

- ☐ Watch how to make this recipe.
- ☐ For the cake: Preheat the oven to 350 degrees F. Beat the egg whites until frothy.
- ☐ Add the cream of tartar and beat until stiff. Sift the superfine sugar three times and add slowly to the egg whites.
- ☐ Sift the cake flour and salt five times, and then fold slowly into the egg whites.
- ☐ Sprinkle in the vanilla and fold.
- ☐ Bake for 35 to 45 minutes in an unbuttered angel food cake pan.
- ☐ Set aside to cool completely, inverted on a bottle or jar that fits the cake pan.
- ☐ For the filling: Dissolve the gelatin in boiling water and add the strawberries, stirring to break up and mix the berries.
- ☐ For the icing: Whip the cream with the powdered sugar until thick.
- ☐ Place the cake, wide-side down, on a serving plate.
- ☐ Cut a 1-inch layer from the top and set it aside.
- ☐ Cut around the cake 1 inch from the outer edge to 1 inch from the bottom.
- ☐ Cut around the cake 1 inch from the inner edge to 1 inch from the bottom.
- ☐ Gently remove the section of cake between the cuts and pour in the strawberry mixture.
- ☐ Place the cake layer back on top and spread the icing all over the top and sides of the cake. Decorate with whole strawberries.
- ☐ Refrigerate for 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:18.09, Glycemic Load:26.48, Inflammation Score:-7, Nutrition Score:12.776086988656%

Flavonoids

Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 45.18mg, Pelargonidin: 45.18mg, Pelargonidin: 45.18mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 5.65mg, Catechin: 5.65mg, Catechin: 5.65mg, Catechin: 5.65mg Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 351.78kcal (17.59%), Fat: 11.75g (18.08%), Saturated Fat: 6.99g (43.69%), Carbohydrates: 56.5g (18.83%), Net Carbohydrates: 52.61g (19.13%), Sugar: 43.6g (48.45%), Cholesterol: 34.09mg (11.36%), Sodium: 156.69mg (6.81%), Alcohol: 0.11g (100%), Alcohol %: 0.04% (100%), Protein: 7.96g (15.93%), Vitamin C: 107.08mg (129.79%), Manganese: 0.79mg (39.57%), Selenium: 13.91µg (19.87%), Vitamin B2: 0.28mg (16.24%), Fiber: 3.89g (15.54%), Folate: 49.99µg (12.5%), Potassium: 379.9mg (10.85%), Vitamin A: 465.47IU (9.31%), Phosphorus: 86.87mg (8.69%), Magnesium: 33.15mg (8.29%), Copper: 0.14mg (6.83%), Vitamin E: 0.85mg (5.64%), Calcium: 55.22mg (5.52%), Iron: 0.92mg (5.13%), Vitamin B6: 0.1mg (5.09%), Vitamin K: 5µg (4.76%), Vitamin B3: 0.87mg (4.33%), Vitamin B5: 0.42mg (4.22%), Vitamin B1: 0.06mg (3.98%), Vitamin D: 0.48µg (3.22%), Zinc: 0.44mg (2.9%), Vitamin B12: 0.08µg (1.37%)