

Tutti-Frutti Angel Food Cake

 Dairy Free

READY IN



55 min.

SERVINGS



12

CALORIES



221 kcal

DESSERT

Ingredients

- 0.5 teaspoon almond extract
- 1.3 cups cake flour
- 1 cup fruit jell-o® mix mixed finely chopped
- 1.3 teaspoons cream of tartar
- 1.5 cups egg whites (10)
- 1 drops food coloring red
- 0.5 teaspoon salt
- 1.5 cups sugar

1 teaspoon vanilla extract

Equipment

bowl

frying pan

oven

knife

Directions

Place egg whites in a large bowl; let stand at room temperature for 30 minutes; set aside.

Add cream of tartar, extracts, salt and food coloring if desired to egg whites; beat on medium speed until soft peaks form. Gradually add sugar, about 2 tablespoons at a time, beating on high until stiff glossy peaks form and sugar is dissolved. Gradually fold in flour mixture, about 1/2 cup at a time. Fold in candied fruit.

Gently spoon into an ungreased 10-in. tube pan.

Cut through the batter with a knife to remove air pockets.

Bake on the lowest oven rack at 375° for 35–40 minutes or until lightly browned and entire top appears dry. Immediately invert pan; cool completely, about 1 hour.

Run a knife around side and center tube of pan.

Remove cake to a serving plate.

Nutrition Facts

 **PROTEIN 8.91%**  **FAT 1.42%**  **CARBS 89.67%**

Properties

Glycemic Index:11.42, Glycemic Load:23.57, Inflammation Score:-1, Nutrition Score:2.4743478262554%

Nutrients (% of daily need)

Calories: 220.64kcal (11.03%), Fat: 0.35g (0.54%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 49.59g (16.53%), Net Carbohydrates: 48.43g (17.61%), Sugar: 34.71g (38.57%), Cholesterol: 0mg (0%), Sodium: 159.47mg (6.93%), Alcohol: 0.17g (100%), Alcohol %: 0.24% (100%), Protein: 4.93g (9.86%), Selenium: 11.4µg (16.28%), Vitamin B2: 0.15mg (8.61%), Manganese: 0.11mg (5.48%), Fiber: 1.16g (4.64%), Iron: 0.62mg (3.47%), Potassium: 115.35mg (3.3%),

Calcium: 30.69mg (3.07%), Phosphorus: 17.23mg (1.72%), Copper: 0.03mg (1.67%), Magnesium: 6.67mg (1.67%),
Folate: 5.51µg (1.38%), Vitamin B5: 0.11mg (1.15%)