

# Two Part Angel Cake

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



138 kcal

DESSERT

## Ingredients

- 0.8 teaspoon double-acting baking powder
- 0.5 teaspoon cream of tartar
- 6 egg whites
- 6 egg yolk
- 0.8 cup flour all-purpose
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract
- 0.3 cup water boiling

0.8 cup granulated sugar white

## Equipment

oven

cake form

## Directions

To make Bottom/White part: Beat whites with salt until frothy.

Add cream of tartar and continue beating until stiff, but not dry. Sift 1/2 cup flour and 3/4 cup sugar 4 times (separately).

Add sugar gradually, then fold in flour.

Add in 1/2 teaspoon vanilla. Put into ungreased angel cake pan. Prepare top.

To Make Top/Yellow Part: Beat yolks until light.

Add 3/4 cup sugar, which has been sifted 4 times, gradually. Beat for 3 minutes.

Add 3/4 cup flour and baking powder, which has been sifted together 4 times. Alternate flour mixture with hot water.

Add 1 teaspoon vanilla.

Pour this mix over top of first batter.

Bake at 325 degrees F (165 degrees C) for 40 minutes.

## Nutrition Facts



**PROTEIN 13.55%** **FAT 19.89%** **CARBS 66.56%**

## Properties

Glycemic Index:23.71, Glycemic Load:15.72, Inflammation Score:-1, Nutrition Score:3.9773913508524%

## Nutrients (% of daily need)

Calories: 137.71kcal (6.89%), Fat: 3.03g (4.67%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 22.84g (7.61%), Net Carbohydrates: 22.59g (8.21%), Sugar: 15.23g (16.93%), Cholesterol: 116.64mg (38.88%), Sodium: 125.75mg (5.47%), Alcohol: 0.14g (100%), Alcohol %: 0.29% (100%), Protein: 4.65g (9.3%), Selenium: 12.92µg (18.45%), Vitamin B2: 0.19mg (10.92%), Folate: 33.64µg (8.41%), Vitamin B1: 0.09mg (6.22%), Phosphorus: 61.55mg (6.15%), Iron: 0.79mg (4.4%), Vitamin B5: 0.4mg (3.98%), Vitamin D: 0.58µg (3.89%), Vitamin B12: 0.23µg (3.78%), Manganese: 0.07mg

(3.69%), Calcium: 34.65mg (3.46%), Vitamin A: 155.74IU (3.11%), Vitamin B3: 0.58mg (2.88%), Potassium: 76.86mg (2.2%), Zinc: 0.32mg (2.15%), Vitamin B6: 0.04mg (2.15%), Vitamin E: 0.28mg (1.9%), Copper: 0.03mg (1.43%), Magnesium: 4.78mg (1.19%), Fiber: 0.25g (1.02%)