



Vanilla Bean Angel Food Cake

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



149 kcal

DESSERT

Ingredients

- ☐ 4 ounces cake flour sifted
- ☐ 0.5 teaspoon cream of tartar
- ☐ 12 large egg whites
- ☐ 1 teaspoon juice of lemon
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups sugar divided
- ☐ 2 inch vanilla pod split

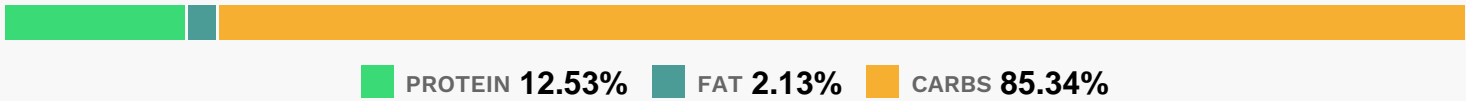
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ Preheat oven to 32
- ☐ Place 3/4 cup sugar in a small bowl. Scrape seeds from vanilla bean, and add seeds to sugar; discard bean. Work the vanilla seeds into sugar with fingers until well combined.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and sugar mixture, stirring with a whisk to combine.
- ☐ Beat egg whites with a mixer at high speed until foamy.
- ☐ Add cream of tartar and salt; beat until soft peaks form.
- ☐ Add remaining 3/4 cup sugar, 2 tablespoons at a time, beating until stiff peaks form. Beat in juice. Sift flour mixture over egg white mixture, 1/4 cup at a time; fold in after each addition.
- ☐ Spoon the batter into an ungreased 10-inch tube pan, spreading evenly. Break air pockets by cutting through batter with a knife.
- ☐ Bake at 325 for 50 minutes or until cake springs back when lightly touched. Invert pan; cool completely. Loosen cake from sides of pan using a narrow metal spatula. Invert cake onto plate.

Nutrition Facts



Properties

Glycemic Index:11.42, Glycemic Load:21.89, Inflammation Score:-1, Nutrition Score:1.8334782790069%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 148.93kcal (7.45%), Fat: 0.36g (0.55%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 32.21g (10.74%), Net Carbohydrates: 31.98g (11.63%), Sugar: 25.22g (28.03%), Cholesterol: 0mg (0%), Sodium: 103.74mg (4.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.46%), Selenium: 10.5µg (15%), Vitamin B2: 0.16mg (9.14%), Manganese: 0.08mg (4%), Potassium: 84.8mg (2.42%), Magnesium: 6.02mg (1.51%), Phosphorus: 14.16mg (1.42%), Copper: 0.03mg (1.34%), Folate: 4.52µg (1.13%), Vitamin B5: 0.1mg (1.05%)