



Yellow Angel Food Cake



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



200 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon cream of tartar
- ☐ 6 eggs separated
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup water
- ☐ 1.5 cups sugar white

Equipment

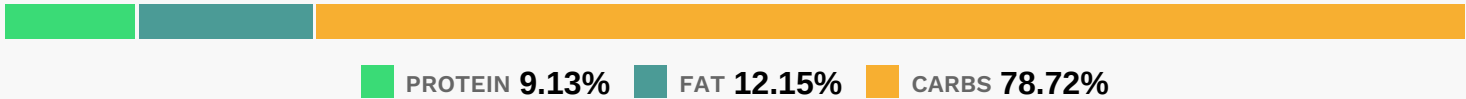
- ☐ bowl
- ☐ frying pan

☐ oven

Directions

- ☐ Whip the egg whites until foamy.
- ☐ Add cream of tartar, and continue beating until stiff. In a separate bowl, beat the egg yolks until lemon coloured.
- ☐ Boil the sugar and water until it reaches the thread stage, 230 – 234 degrees F (110 – 112 degrees C). Beat syrup into egg whites. Fold in egg yolks. Fold in flour.
- ☐ Pour batter into an ungreased tube pan.
- ☐ Bake at 350 degrees F (175 degrees C) for 1 hour. Cool.

Nutrition Facts



Properties

Glycemic Index:14.51, Glycemic Load:27.84, Inflammation Score:-1, Nutrition Score:4.2547825672056%

Nutrients (% of daily need)

Calories: 199.53kcal (9.98%), Fat: 2.73g (4.2%), Saturated Fat: 0.85g (5.29%), Carbohydrates: 39.79g (13.26%), Net Carbohydrates: 39.46g (14.35%), Sugar: 30.07g (33.41%), Cholesterol: 98.21mg (32.74%), Sodium: 38.79mg (1.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.24%), Selenium: 12.52µg (17.89%), Vitamin B2: 0.19mg (11.06%), Folate: 35.28µg (8.82%), Vitamin B1: 0.11mg (7.25%), Phosphorus: 65.79mg (6.58%), Iron: 1.07mg (5.93%), Manganese: 0.09mg (4.72%), Vitamin B5: 0.46mg (4.59%), Vitamin B12: 0.23µg (3.92%), Vitamin B3: 0.76mg (3.79%), Vitamin D: 0.53µg (3.52%), Zinc: 0.43mg (2.89%), Potassium: 99.91mg (2.85%), Vitamin A: 142.56IU (2.85%), Vitamin B6: 0.05mg (2.52%), Copper: 0.04mg (2.08%), Vitamin E: 0.28mg (1.9%), Calcium: 17.34mg (1.73%), Magnesium: 6.04mg (1.51%), Fiber: 0.34g (1.35%)