AMERICAN · DESSERT

Sugar-Free Angel Food Cake with Almond Flour

75 min · plus cooling | Makes 12 × 1 slice (1/12 cake) | 113 kcal a portion

Video 11:32 · All Day I Dream About Food

Vegetarian | Gluten-free ingredients | No dairy listed

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Almond flour, egg whites and egg white protein sweetened with Swerve: no added sugar, dairy-free, about 2 g net carbs and 9 g protein a slice.

Diet notes: Low carb (1.9 g net carbs) but not keto: 58% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (0.6 g, 5% of the energy); DASH-friendly (90 mg sodium a serve).

Ingredients 8 · MAKES 12 × 1 SLICE (1/12 CAKE)

- [ ] 95 g **granular Swerve**
- [ ] 95 g **powdered Swerve**
- [ ] 180 g **almond flour**
- [ ] 40 g **egg white protein powder**
- [ ] 10 large **egg whites**
- [ ] ½ tsp **cream of tartar**
- [ ] 1 tsp **almond extract**
- [ ] ½ tsp **vanilla extract**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 165°C. Use a 25 cm tube pan and do not grease it; just line the base with a ring of baking paper. 0:56
2. Whisk the granular and powdered Swerve together. In another bowl whisk the almond flour and egg white protein with half of the sweetener. 2:16
3. Sift the almond flour mixture three times, breaking up any clumps with a fork, to make it light. 3:20
4. In a very clean bowl beat the egg whites with the cream of tartar until frothy, then add the rest of the sweetener slowly with the beaters running. 4:25
5. At medium-stiff peaks add the almond and vanilla extracts, then beat to stiff peaks. 5:08
6. Fold the flour mixture into the whites in four additions, scooping up from the bottom, until there are no streaks or lumps. 5:47
7. Spoon into the pan, smooth the top, wipe the sides and tap the pan on the counter. Bake 40–50 minutes, turning halfway, until golden and springy. 6:35
8. Cool upright 20 minutes, then upside down until cold. Loosen with a thin knife around the sides and centre, lift out and slice with a serrated knife. 7:57

> **Tip** The cook serves it with whipped cream and berries. For vanilla only, use 1½ tsp vanilla instead of the almond extract. She says whey protein also works, per readers.

The method is a summary in our words — the video shows every step.

One portion, 1 slice (1/12 cake), gives you 1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
113 kcal	8.8 g	3.7 g	1.8 g	7.3 g	90 mg
470 kJ	18% of a day	1.9 g net · 1.1 g sugars	7% of a day	0.6 g saturated	4% of a day
		1% of a day		9% of a day	

Energy from net carbs 7% · protein 32% · fat 61% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin E 25%

Source of (10–19%) Selenium 19% · Magnesium 11%

Recipe and video: All Day I Dream About Food (@AllDayIDreamAboutFood) on YouTube — youtube.com/watch?v=Y_jrJqGDFy0, published 5 May 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/sugar-free-angel-food-cake-almond-flour