



Orange Chiffon Cake

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

PORTIONS : 15

PREPARATION: 20 MINUTES

COOKING: 60 MINUTES

INGREDIENTS

- 175 g (1 1/4 cups) de farine tout usage "La Merveilleuse"
- 10 ml (2 tsp) baking powder
- 50 g (1/4 cup) light olive oil
- 160 g (1/2 cup) maple syrup
- 120 g (1/2 cup) orange juice
- 5 medium eggs, separated
- 5 ml (1 tsp) vanilla extract
- 27.5 ml (1 1/2 tbsp) orange zest
- 2.5 ml (1/2 tsp) cream of tartar

PREPARATION

1. Preheat the oven to 325 °F (165 °C).
2. In a bowl, sift together flour and baking powder. Make a well in the centre and add the oil, maple syrup, orange juice, egg yolks, vanilla and orange zest. Beat at maximum speed of an electric mixer or in a stand mixer with a flat paddle at medium speed for about five minutes.
3. In another bowl, beat the egg whites. Start gently, add the cream of tartar, then beat at maximum speed until stiff peaks form.
4. Gently fold the egg whites into the flour mixture with a spatula.
5. Pour the mixture into an unoiled chimney pan and bake on the centre rack of the oven, about 60 minutes, until a toothpick inserted in the centre comes out clean.
6. Turn the cake over and balance it on a glass and let it sit for an hour. To unmould, pass the blade of a knife between the cake and the pan and then place on a serving plate. Delicious with orange icing



TIP

* In the mood for a refreshing lemon chiffon cake? It's simple! Replace the orange zest with 15 ml (1 tbsp.) lemon zest and the orange juice with 70 g (1/3 cup) of freshly squeezed lemon juice and add enough plant-based milk substitute to obtain a total of 120 g (1/2 cup) of liquid.

NUTRITION FACTS

Per portion	130 Calories
Fat: 5 g	8 %
saturés 1 g	
trans 0 g	6 %
Polyunsaturated: 0.8 g	
oméga-6: 0.5 g	
oméga-3: 0.2 g	
Monounsaturated: 3 g	
Cholesterol: 55 mg	
Sodium: 20 mg	1 %
Carbohydrate: 18 g	6 %
fibres: 1 g	4 %
sucres: 7 g	
Protein: 2 g	
Vitamin A	4 %
Vitamin C	8 %
Calcium	4 %
Iron	4 %
Manganese	25 %
Riboflavine	15 %
Vitamin B ₁₂	15 %