

THIS WEEK'S RECIPE

As seen on hdnews.net



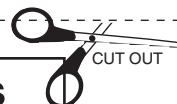
Cocoa Chiffon Cake

- 1 3/4 cup cake four, sifted
- 1 3/4 cup sugar
- 3 teaspoons baking powder
- 1 teaspoon salt
- 3/4 cup boiling water
- 1/2 cup cocoa
- 1/2 cup salad oil
- 7 medium unbeaten egg yolks
- 1 teaspoon vanilla
- 7 or 8 egg whites
- 1/2 teaspoon cream of tartar



- Using level measurements, measure and sift together into mixing bowl first four dry ingredients; stir until smooth.

- Combine boiling water and cocoa: cool.
- Make a well in dry ingredients; add oil, egg yolks, cooled cocoa mixture and vanilla. Beat mixture until smooth.
- Measure egg whites and cream of tartar into mixing bowl. Beat until whites form very stiff peaks, do not under-beat. Pour egg yolk mixture gradually over beaten whites, gently folding until blended, do not stir.
- Pour batter into ungreased 10 x 4 inch tube pan. Bake at 325 degrees 55 minutes then at 350 degrees 10 to 15 minutes. Yield 16-20 servings.



Nutrition Facts

Serving Size (83g)
Servings Per Container 15

Amount Per Serving
Calories 250 Calories from Fat 90

	% Daily Value*
Total Fat 10g	15%
Saturated Fat 2g	9%
Cholesterol 85mg	29%
Sodium 270mg	11%
Total Carbohydrate 38g	13%
Dietary Fiber 1g	5%
Sugars 24g	
Protein 1g	

Vitamin A 2%	•	Vitamin C 0%
Calcium 6%	•	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Location of Ingredients

(at Vine Street Dillon's)

ITEM	AISLE
Cake Four	11
Sugar	11
Baking Powder	11
Salt	11
Boiling Water	Faucet
Cocoa	11
Salad Oil	11 Or 9
Egg	Dairy
Vanilla	11
Cream Of Tartar	11



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