



Mango Pineapple Angel Food Cake

Ingredients

Weights

All purpose flour	90g/ 3.25 oz
Granulated Sugar	96g/ 3.5 oz
salt	.5g/ .25 t
Egg Whites	200g/ (6 eggs)
Cream of Tartar	2g/ .75 t
Chiquita Mango Extract	1g/ .33 t
Chiquita IQF Diced Mango	113g/ 4 oz
Chiquita IQF Diced Pineapple	113g/ 4 oz

Preparation

Heat oven to 350 F/177 C. Mix flour and 28.3g/1oz of sugar together. Separate the yolks from the whites and place the egg whites into a mixing bowl. Add salt to whites. Beat the whites until foamy and then add cream of tartar until soft peaks begin to form. Gradually add the remaining sugar to the whites.

Beat until whites are fluffy and hold medium peaks. Place beaten whites in a large mixing bowl and sprinkle the flour and sugar over the whites. Fold the whites and flour together until combined. Do not over mix. Gently sprinkle and dice mango and pineapple over the mixture and fold one more time. Liberally grease a bunt pan and pour mixture in. Bake at 350F/ 177C for 30 min. The cake should be golden brown a spring to the touch. Remove pan from the oven and invert. Let cool then remove from pan.

