



Almond-Lemon Pound Cake

READY IN



55 min.

SERVINGS



8

CALORIES



315 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon butter divided softened
- ☐ 1 cup cake flour
- ☐ 2 tablespoons confectioners' sugar
- ☐ 2 eggs
- ☐ 1 cup granulated sugar
- ☐ 2 tablespoons juice of lemon
- ☐ 1 tablespoon lemon zest grated
- ☐ 1 cup raspberries unsweetened frozen

- ☐ 1 cup slivered almonds
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 0.3 cup sugar
- ☐ 2 teaspoons confectioner's sugar

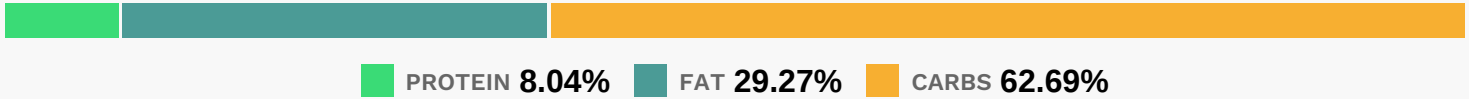
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Grease bottom and sides of a 9 inch round baking pan with t teaspoon butter.
- ☐ Sprinkle with confectioners' sugar; set aside.
- ☐ Place almond and sugar in a blender or food processor; cover and process until finely ground. In a small mixing bowl, cream remaining butter; beat in almond mixture until combined.
- ☐ Add eggs, one at time, beating well after each addition. Stir in sour cream and lemon peel.
- ☐ Combine flour and baking powder; add to creamed mixture alternately with lemon juice.
- ☐ Pour into prepared pan.
- ☐ Bake at 350 degrees for 40-45 minutes or until toothpick inserted near center comes out clean. Cool on a wire rack for 10 minutes. Invert onto a wire rack to cool. For topping, in a heavy saucepan, combine the berries, sugar and lemon juice. Cook and stir over medium low heat for 10 minutes or until mixture begins to thicken.
- ☐ Sprinkle cake with confectioners' sugar.
- ☐ Serve with berry topping. servings

Nutrition Facts



Properties

Glycemic Index:56.91, Glycemic Load:30.32, Inflammation Score:-3, Nutrition Score:8.1739131212234%

Flavonoids

Cyanidin: 7.2mg, Cyanidin: 7.2mg, Cyanidin: 7.2mg, Cyanidin: 7.2mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 314.94kcal (15.75%), Fat: 10.62g (16.34%), Saturated Fat: 2.19g (13.68%), Carbohydrates: 51.19g (17.06%), Net Carbohydrates: 48.06g (17.48%), Sugar: 35.93g (39.93%), Cholesterol: 47.92mg (15.97%), Sodium: 76.65mg (3.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.56g (13.13%), Manganese: 0.54mg (26.94%), Vitamin E: 3.82mg (25.49%), Selenium: 10.74µg (15.34%), Vitamin B2: 0.24mg (14.31%), Fiber: 3.13g (12.52%), Phosphorus: 125mg (12.5%), Magnesium: 46.42mg (11.6%), Copper: 0.19mg (9.72%), Calcium: 89.35mg (8.94%), Vitamin C: 6.43mg (7.8%), Iron: 1.03mg (5.7%), Zinc: 0.8mg (5.32%), Folate: 20.86µg (5.21%), Potassium: 170.39mg (4.87%), Vitamin B5: 0.39mg (3.9%), Vitamin B3: 0.76mg (3.79%), Vitamin B1: 0.05mg (3.51%), Vitamin B6: 0.06mg (2.91%), Vitamin A: 140.72IU (2.81%), Vitamin B12: 0.12µg (1.98%), Vitamin D: 0.22µg (1.47%), Vitamin K: 1.44µg (1.37%)