



Almond-Poppy Seed Pound Cake

READY IN



150 min.

SERVINGS



12

CALORIES



301 kcal

DESSERT

Ingredients

- ☐ 1.5 cups granulated sugar
- ☐ 1 cup cream sour
- ☐ 0.8 cup butter softened
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup poppy seeds
- ☐ 1 teaspoon almond extract
- ☐ 0.1 teaspoon salt
- ☐ 6 eggs
- ☐ 1 serving powdered sugar

☐ 3 cups frangelico

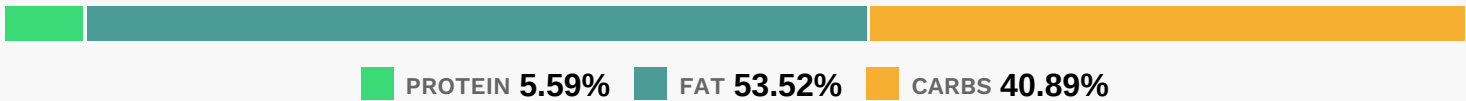
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Heat oven to 350°F. Generously grease bottom and side of 12-cup fluted tube cake pan or 2 loaf pans, 9x5x3 inches, with shortening; lightly flour.
- ☐ Beat all ingredients except powdered sugar in large bowl with electric mixer on low speed 30 seconds, scraping bowl frequently. Beat on medium speed 4 minutes, scraping bowl occasionally.
- ☐ Pour into pan.
- ☐ Bake 50 to 55 minutes or until toothpick inserted near center comes out clean. Cool 15 minutes. Turn pan upside down onto wire rack or heatproof serving plate; remove pan. Cool completely, about 1 hour.
- ☐ Sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:12.51, Glycemic Load:20.34, Inflammation Score:-5, Nutrition Score:5.0082609238832%

Nutrients (% of daily need)

Calories: 301.12kcal (15.06%), Fat: 18.23g (28.04%), Saturated Fat: 5.1g (31.85%), Carbohydrates: 31.34g (10.45%), Net Carbohydrates: 30.79g (11.2%), Sugar: 26.46g (29.4%), Cholesterol: 93.15mg (31.05%), Sodium: 196.13mg (8.53%), Alcohol: 0.11g (100%), Alcohol %: 0.16% (100%), Protein: 4.28g (8.56%), Vitamin A: 745.7IU (14.91%), Selenium: 9.66µg (13.81%), Vitamin B2: 0.17mg (10.06%), Manganese: 0.19mg (9.27%), Phosphorus: 85.16mg (8.52%), Calcium: 66.98mg (6.7%), Folate: 22.87µg (5.72%), Vitamin E: 0.78mg (5.22%), Vitamin B1: 0.07mg (4.85%), Iron: 0.86mg (4.76%), Vitamin B5: 0.44mg (4.43%), Vitamin B12: 0.25µg (4.17%), Zinc: 0.55mg (3.67%), Magnesium: 13.4mg (3.35%), Copper: 0.06mg (3.14%), Vitamin D: 0.44µg (2.93%), Vitamin B6: 0.05mg (2.7%), Potassium: 81.84mg (2.34%), Fiber: 0.55g (2.19%), Vitamin B3: 0.37mg (1.83%)