



Almond Pound Cake

READY IN



45 min.

SERVINGS



16

CALORIES



177 kcal

DESSERT

Ingredients

- 0.5 teaspoon almond extract
- 0.5 teaspoon baking soda
- 2 cups cake flour sifted
- 1 tablespoon breadcrumbs dry fine
- 0.8 cup egg substitute fat-free
- 0.8 cup cup heavy whipping cream sour reduced-fat
- 0.3 cup butter softened
- 0.3 teaspoon salt
- 1.5 cups sugar

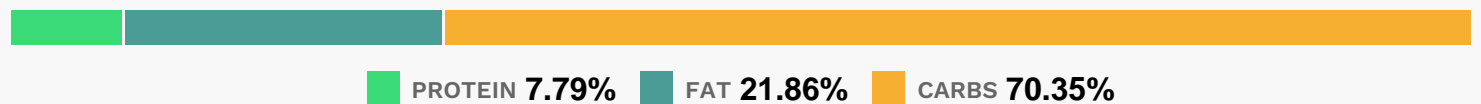
Equipment

- frying pan
- oven
- wire rack
- hand mixer

Directions

- Coat an 8 1/2- x 4 1/2- x 3-inch loafpan with cooking spray. Dust pan with breadcrumbs. Set aside.
- Beat margarine at medium speed of an electric mixer until creamy; gradually add sugar, beating well.
- Add egg substitute and flavorings; beat well.
- Stir baking soda into sour cream.
- Combine flour and salt; add to margarine mixture alternately with sour cream mixture, beginning and ending with flour mixture.
- Mix at low speed just until blended after each addition.
- Pour batter into prepared pan.
- Bake at 325 for 1 hour and 10 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes.
- Remove cake from pan, and cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:8.57, Glycemic Load:20.43, Inflammation Score:-2, Nutrition Score:2.7739130660244%

Nutrients (% of daily need)

Calories: 176.99kcal (8.85%), Fat: 4.35g (6.69%), Saturated Fat: 1.35g (8.43%), Carbohydrates: 31.5g (10.5%), Net Carbohydrates: 31.09g (11.31%), Sugar: 19.06g (21.18%), Cholesterol: 3.77mg (1.26%), Sodium: 140.4mg (6.1%),

Alcohol: 0.04g (100%), Alcohol %: 0.09% (100%), Protein: 3.49g (6.98%), Selenium: 11.45µg (16.36%), Manganese: 0.13mg (6.57%), Vitamin B2: 0.07mg (4.31%), Vitamin A: 187.86IU (3.76%), Phosphorus: 32.77mg (3.28%), Calcium: 28.19mg (2.82%), Vitamin B5: 0.26mg (2.62%), Vitamin E: 0.38mg (2.56%), Vitamin B1: 0.04mg (2.45%), Iron: 0.41mg (2.28%), Folate: 8.85µg (2.21%), Zinc: 0.31mg (2.05%), Potassium: 65.73mg (1.88%), Copper: 0.04mg (1.78%), Magnesium: 7.06mg (1.77%), Fiber: 0.4g (1.61%), Vitamin B12: 0.09µg (1.49%), Vitamin D: 0.2µg (1.34%), Vitamin B6: 0.02mg (1.2%), Vitamin B3: 0.22mg (1.11%)