



Almond Pound Cake with Cherry-Berry Sauce

READY IN



225 min.

SERVINGS



16

CALORIES



483 kcal

DESSERT

Ingredients

- 12.5 oz almonds canned
- 2 teaspoons double-acting baking powder
- 0.5 cup butter softened
- 2 teaspoons cornstarch
- 1.5 cups cranberries fresh
- 0.3 cup cherries dried halved
- 4 eggs
- 3 cups flour all-purpose
- 1 cup granulated sugar

- 1.3 cups granulated sugar
- 0.3 teaspoon ground cinnamon
- 0.5 cup milk
- 0.8 cup orange juice
- 2 tablespoons powdered sugar
- 0.8 teaspoon salt
- 0.5 teaspoon vanilla
- 0.5 cup vegetable oil
- 1 cup whipping cream

Equipment

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

Directions

- Heat oven to 350F. Grease bottom and side of 12-cup fluted tube cake pan with shortening; lightly flour.
- Mix flour, baking powder, salt and cinnamon; set aside.
- In large bowl, beat 1 1/3 cups granulated sugar, the butter, oil and eggs with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on high speed 5 minutes, scraping bowl occasionally. Beat in flour mixture, milk and pastry filling on low speed until blended.
- Spread in pan.
- Bake 55 to 65 minutes or until toothpick inserted in center of cake comes out clean. Cool 20 minutes; remove from pan to wire rack. Cool completely, about 2 hours.

- Meanwhile, in 2-quart saucepan, cook all Cherry-Berry Sauce ingredients over medium-high heat, stirring occasionally, until cranberries pop and mixture boils and thickens slightly. Store covered in refrigerator.
- In chilled small bowl, beat all Sweetened Whipped Cream ingredients with electric mixer on high speed until stiff peaks form.
- Serve cake with whipped cream and warm sauce.

Nutrition Facts

PROTEIN 7.68%

FAT 45.5%

CARBS 46.82%

Properties

Glycemic Index:28.57, Glycemic Load:34.74, Inflammation Score:-7, Nutrition Score:13.720434810804%

Flavonoids

Cyanidin: 4.9mg, Cyanidin: 4.9mg, Cyanidin: 4.9mg, Cyanidin: 4.9mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.61mg, Peonidin: 4.61mg, Peonidin: 4.61mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 1.39mg, Hesperetin: 1.39mg, Hesperetin: 1.39mg, Hesperetin: 1.39mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 482.89kcal (24.14%), Fat: 25.14g (38.68%), Saturated Fat: 6.18g (38.63%), Carbohydrates: 58.22g (19.41%), Net Carbohydrates: 54.2g (19.71%), Sugar: 34.66g (38.51%), Cholesterol: 58.64mg (19.55%), Sodium: 253.18mg (11.01%), Alcohol: 0.04g (100%), Alcohol %: 0.04% (100%), Protein: 9.54g (19.09%), Vitamin E: 6.4mg (42.67%), Manganese: 0.71mg (35.61%), Vitamin B2: 0.47mg (27.7%), Selenium: 13.03µg (18.62%), Phosphorus: 185.61mg (18.56%), Magnesium: 70.47mg (17.62%), Vitamin B1: 0.25mg (16.89%), Fiber: 4.02g (16.08%), Folate: 62.05µg (15.51%), Copper: 0.28mg (14.22%), Vitamin A: 662.99IU (13.26%), Iron: 2.28mg (12.65%), Calcium: 124.96mg (12.5%), Vitamin B3: 2.27mg (11.35%), Vitamin C: 7.23mg (8.76%), Potassium: 262.95mg (7.51%), Zinc: 1.08mg (7.22%), Vitamin B5: 0.5mg (4.97%), Vitamin B6: 0.08mg (4%), Vitamin D: 0.54µg (3.61%), Vitamin K: 3.6µg (3.43%), Vitamin B12: 0.17µg (2.83%)