



Almond Ricotta Pound Cake with Strawberry Rhubarb Compote

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



297 kcal

DESSERT

Ingredients

- ☐ 2 tsp almond extract
- ☐ 1 tsp baking soda
- ☐ 0.5 cup blanched slivered almonds skinless ()
- ☐ 3 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup rhubarb sliced into 1/2 inch pieces
- ☐ 1 cup ricotta cheese

- ☐ 0.5 tsp salt
- ☐ 2 cups strawberries stemmed thinly sliced
- ☐ 0.5 cup sugar
- ☐ 2 tbsp butter unsalted

Equipment

- ☐ food processor
- ☐ blender
- ☐ loaf pan
- ☐ hand mixer

Directions

- ☐ Save Recipe
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- ☐ Almond Ricotta Pound Cake with Strawberry Rhubarb Compote
- ☐ Almond Ricotta Pound Cake Ingredients1/2 cup blanched (skinless) slivered almonds3/4 cup butter, softened (1 1/2 sticks)1 cup ricotta cheese1 1/2 cups sugar2 tsp almond extract3 large eggs1 1/2 cups all-purpose flour1 tsp baking soda1/2 tsp salt
- ☐ Nonstick cooking oil spray
- ☐ Lightly sweetened freshly whipped cream (optional)Fresh mint sprigs for garnish (optional)Strawberry Rhubarb Compote Ingredients2 tbsp unsalted butter1 cup rhubarb sliced into 1/2 inch pieces2 cups strawberries, stemmed and thinly sliced1/2 cup sugar
- ☐ You will also need9x5 inch loaf pan, food processor, hand mixer or standing mixer
- ☐ Prep Time: 15 Minutes
- ☐ Cook Time: 1 Hour 15 Minutes
- ☐ Total Time: 1 Hour 30 Minutes
- ☐ Servings: 8
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:28.14, Glycemic Load:22.79, Inflammation Score:-5, Nutrition Score:11.226086865301%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 297.21kcal (14.86%), Fat: 12.64g (19.45%), Saturated Fat: 5.3g (33.12%), Carbohydrates: 36.26g (12.09%), Net Carbohydrates: 33.97g (12.35%), Sugar: 15.07g (16.74%), Cholesterol: 93.19mg (31.06%), Sodium: 358.66mg (15.59%), Alcohol: 0.36g (100%), Alcohol %: 0.31% (100%), Protein: 10.13g (20.26%), Vitamin C: 22.39mg (27.14%), Selenium: 18.84µg (26.91%), Manganese: 0.46mg (23.15%), Vitamin B2: 0.33mg (19.23%), Folate: 68.54µg (17.14%), Phosphorus: 155.57mg (15.56%), Vitamin B1: 0.22mg (14.69%), Vitamin E: 2.08mg (13.84%), Calcium: 114.17mg (11.42%), Iron: 1.95mg (10.81%), Vitamin B3: 1.86mg (9.28%), Fiber: 2.3g (9.18%), Magnesium: 35.62mg (8.9%), Copper: 0.15mg (7.29%), Vitamin A: 348.26IU (6.97%), Zinc: 1.04mg (6.92%), Potassium: 229.67mg (6.56%), Vitamin K: 5.98µg (5.69%), Vitamin B5: 0.54mg (5.4%), Vitamin B12: 0.28µg (4.64%), Vitamin B6: 0.08mg (4.21%), Vitamin D: 0.49µg (3.27%)