



Almond-Spice Pound Cake

READY IN



45 min.

SERVINGS



12

CALORIES



178 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 eggs
- ☐ 2 egg whites
- ☐ 1.8 cups flour all-purpose
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.3 cup butter softened
- ☐ 0.7 cup prune purée
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup skim milk
- ☐ 0.7 cup sugar
- ☐ 0.5 teaspoon vanilla extract

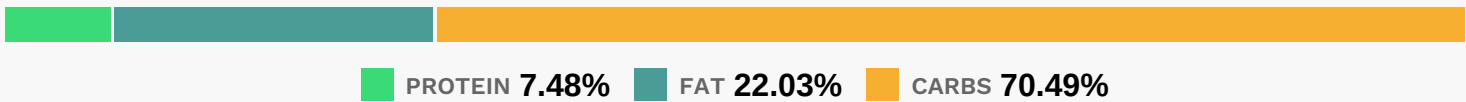
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ loaf pan

Directions

- ☐ Combine the first 5 ingredients in a large bowl; beat at medium speed of a mixer for 2 minutes.
- ☐ Add egg whites and egg; beat 1 minute.
- ☐ Combine flour, baking powder, allspice, and salt; stir well.
- ☐ Add flour mixture to prune mixture alternately with milk, beginning and ending with flour mixture; mix well after each addition.
- ☐ Pour batter into an 8 1/2 x 4 1/2-inch loaf pan coated with cooking spray.
- ☐ Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean.
- ☐ Let cool in pan 15 minutes on a wire rack; remove from pan, and let cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:26.2, Glycemic Load:19.7, Inflammation Score:-3, Nutrition Score:4.6769565392448%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 178.02kcal (8.9%), Fat: 4.43g (6.81%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 31.88g (10.63%), Net Carbohydrates: 30.68g (11.16%), Sugar: 15.26g (16.95%), Cholesterol: 13.84mg (4.61%), Sodium: 180.77mg (7.86%), Alcohol: 0.11g (100%), Alcohol %: 0.24% (100%), Protein: 3.38g (6.76%), Selenium: 8.54µg (12.2%), Vitamin B1: 0.15mg (10.27%), Vitamin B2: 0.16mg (9.4%), Folate: 35.88µg (8.97%), Manganese: 0.16mg (7.94%), Vitamin B3: 1.28mg (6.39%), Iron: 1.09mg (6.05%), Calcium: 59.6mg (5.96%), Phosphorus: 57.46mg (5.75%), Vitamin A: 278.79IU (5.58%), Vitamin K: 5.82µg (5.54%), Fiber: 1.2g (4.79%), Potassium: 118.56mg (3.39%), Copper: 0.06mg (2.95%), Magnesium: 10.26mg (2.56%), Vitamin B5: 0.21mg (2.15%), Vitamin B6: 0.04mg (1.95%), Zinc: 0.25mg (1.68%), Vitamin E: 0.24mg (1.58%), Vitamin B12: 0.08µg (1.36%)