



## Apple-Crisp Orange Pound Cake

READY IN



120 min.

SERVINGS



8

CALORIES



482 kcal

DESSERT

### Ingredients

- 2 cups apples peeled chopped ( 2 medium)
- 0.3 cup apple jelly
- 1 tablespoon flour all-purpose
- 0.5 teaspoon apple pie spice
- 1.3 cups flour all-purpose
- 1.3 cups sugar
- 1 teaspoon orange zest grated
- 0.3 teaspoon double-acting baking powder
- 0.3 teaspoon salt

- 0.8 cup butter cold
- 0.3 cup cream sour
- 2 eggs
- 1 teaspoon vanilla
- 0.5 cup pecans chopped

## Equipment

- bowl
- frying pan
- oven
- blender
- hand mixer
- toothpicks

## Directions

- Heat oven to 350°F. Grease 9-inch round or 8-inch square pan with shortening or cooking spray.
- In small bowl, mix all filling ingredients; set aside. In medium bowl, mix 1 1/3 cups flour, the sugar, orange peel, baking powder and salt.
- Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until small crumbs form. Reserve 1 cup of the crumb mixture for topping. To remaining crumb mixture in bowl, add sour cream, eggs and vanilla; beat with electric mixer on medium speed about 1 minute or until blended.
- Spread batter in pan. Spoon filling over batter and spread evenly.
- Sprinkle with reserved crumb mixture and the pecans; pat gently.
- Bake 65 to 70 minutes or until light golden brown and toothpick inserted in center comes out with a few moist crumbs clinging. Cool 30 minutes.
- Serve warm if desired.

## Nutrition Facts



■ PROTEIN 3.91% ■ FAT 46.3% ■ CARBS 49.79%

## Properties

Glycemic Index:51.14, Glycemic Load:39, Inflammation Score:-6, Nutrition Score:7.8030434224917%

## Flavonoids

Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 2.41mg, Epicatechin: 2.41mg, Epicatechin: 2.41mg, Epicatechin: 2.41mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

## Nutrients (% of daily need)

Calories: 482.31kcal (24.12%), Fat: 25.33g (38.97%), Saturated Fat: 5.34g (33.37%), Carbohydrates: 61.28g (20.43%), Net Carbohydrates: 59.13g (21.5%), Sugar: 40.36g (44.84%), Cholesterol: 46.57mg (15.52%), Sodium: 309.77mg (13.47%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 4.82g (9.63%), Manganese: 0.5mg (24.84%), Vitamin A: 902.4IU (18.05%), Selenium: 11.79µg (16.84%), Vitamin B1: 0.23mg (15.46%), Vitamin B2: 0.21mg (12.57%), Folate: 49.51µg (12.38%), Fiber: 2.15g (8.62%), Iron: 1.53mg (8.49%), Phosphorus: 84.77mg (8.48%), Copper: 0.15mg (7.26%), Vitamin B3: 1.43mg (7.13%), Vitamin E: 0.99mg (6.61%), Magnesium: 18.26mg (4.56%), Zinc: 0.66mg (4.41%), Calcium: 43.27mg (4.33%), Vitamin B5: 0.4mg (3.95%), Potassium: 131.71mg (3.76%), Vitamin C: 2.95mg (3.57%), Vitamin B6: 0.06mg (3.22%), Vitamin B12: 0.14µg (2.32%), Vitamin D: 0.22µg (1.47%), Vitamin K: 1.2µg (1.15%)