



Avocado Pound Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



489 kcal

DESSERT

Ingredients

- ☐ 1 cup avocado ripe mashed
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1.5 teaspoons baking soda
- ☐ 0.8 cup buttermilk
- ☐ 4 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 3 cups granulated sugar
- ☐ 0.5 teaspoon salt

- ☐ 0.8 cup butter unsalted softened ()
- ☐ 2 teaspoons vanilla extract pure
- ☐ 0.5 cup cornmeal yellow

Equipment

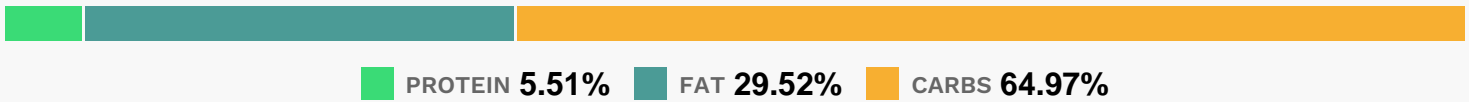
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ stand mixer
- ☐ spatula
- ☐ skewers

Directions

- ☐ Place a rack in the center and upper third of the oven and preheat to 350 degrees F. Grease and flour two 9x5-inch loaf pans and set aside.
- ☐ In a medium bowl, whisk together flour, cornmeal, salt, baking powder, and baking soda. Set aside.
- ☐ In the bowl of an electric stand mixer fitted with a paddle attachment, beat butter and sugar on medium speed until light and fluffy, 3 to 5 minutes.
- ☐ Add avocado and beat for another 2 minutes. Stop mixer and scrape down the sides of the bowl as necessary.
- ☐ Add eggs, one at a time, beating on medium speed for 1 minute after each addition. Stop the mixer and scrape down to make sure everything is thoroughly mixed. Beat in vanilla.
- ☐ With the mixer on low speed, add half of the flour mixture. Beat until just incorporated.
- ☐ Add the buttermilk and the remaining flour mixture. Beat until just incorporated.
- ☐ Remove bowl from the stand mixer, and finish incorporating the batter with a spatula.

- ☐
- Divide the batter between the pans and bake on alternating racks for 30 minutes. After 30 minutes, rotate racks and bake for another 15 to 25 minutes, or until a skewer inserted in the center comes out clean.
- ☐
- Let cool in pans for 20 minutes before inverting onto a wire rack to cool completely.
- ☐
- Cake will last, well wrapped, at room temperature for up to 4 days.
- ☐
- From Joy the

Nutrition Facts



Properties

Glycemic Index:31.38, Glycemic Load:55.48, Inflammation Score:-5, Nutrition Score:9.0404348269753%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Nutrients (% of daily need)

Calories: 488.73kcal (24.44%), Fat: 16.28g (25.05%), Saturated Fat: 8.48g (52.99%), Carbohydrates: 80.63g (26.88%), Net Carbohydrates: 78.32g (28.48%), Sugar: 51.06g (56.73%), Cholesterol: 94.15mg (31.38%), Sodium: 330mg (14.35%), Alcohol: 0.23g (100%), Alcohol %: 0.2% (100%), Protein: 6.83g (13.67%), Selenium: 17.16µg (24.51%), Folate: 78.57µg (19.64%), Vitamin B1: 0.29mg (19.2%), Vitamin B2: 0.29mg (17.28%), Manganese: 0.28mg (14.15%), Iron: 2.1mg (11.65%), Phosphorus: 115.31mg (11.53%), Vitamin B3: 2.26mg (11.3%), Vitamin A: 487.55IU (9.75%), Fiber: 2.31g (9.22%), Vitamin B5: 0.68mg (6.78%), Calcium: 66.59mg (6.66%), Vitamin B6: 0.12mg (5.96%), Vitamin E: 0.82mg (5.44%), Magnesium: 21.59mg (5.4%), Copper: 0.11mg (5.35%), Zinc: 0.79mg (5.3%), Vitamin D: 0.74µg (4.94%), Potassium: 164.16mg (4.69%), Vitamin B12: 0.24µg (4.02%), Vitamin K: 3.82µg (3.64%), Vitamin C: 1.25mg (1.52%)