



Best Pound Cake Ever

READY IN



70 min.

SERVINGS



10

CALORIES



595 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract pure
- ☐ 0.3 teaspoon baking soda
- ☐ 300 g cake flour — updated from 330 sifted
- ☐ 6 large eggs separated
- ☐ 1 teaspoon sea salt
- ☐ 8.5 oz cup heavy whipping cream sour
- ☐ 600 g caster sugar divided
- ☐ 8 oz butter unsalted (2 sticks)
- ☐ 1 teaspoon vanilla extract pure

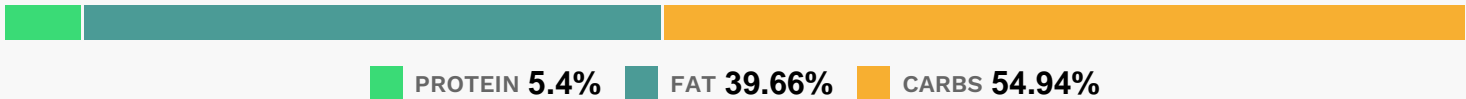
Equipment

- ☐ bowl
- ☐ oven
- ☐ stand mixer
- ☐ kugelhopf pan

Directions

- ☐ Preheat oven to 325 degrees F. Spray a 10 inch tube pan or 12 cup Bundt pan with flour-added baking spray.Sift together dry ingredients; Set aside.in the bowl of a stand mixer, beat butter and 2 1/2 cups (500g) of sugar until light and creamy. For best results, beat for a long time — about 8 minutes, adding the sugar gradually. Beat in egg yolks one at a time.Beat in extracts.
- ☐ Remove bowl from stand and sift in the flour mixture 1/2 cup at a time, alternating with the sour cream. Stir or fold with a heavy duty scraper to mix.In a clean metal bowl, beat the egg whites until soft peaks form. Gradually beat in the remaining 1/2 cup (100g) of sugar until shiny, soft, billowy peaks. Do not overbeat. Fold into batter.
- ☐ Bake for 50–75 minutes, until cake tests done. Alternately, you can bake the cake at 300 degrees F. for about 2 hours. This is my latest favorite way to bake it — slow and low.

Nutrition Facts



Properties

Glycemic Index:13.71, Glycemic Load:55.98, Inflammation Score:-4, Nutrition Score:6.8973912570788%

Nutrients (% of daily need)

Calories: 594.83kcal (29.74%), Fat: 26.61g (40.94%), Saturated Fat: 15.1g (94.35%), Carbohydrates: 82.97g (27.66%), Net Carbohydrates: 82.25g (29.91%), Sugar: 61.02g (67.8%), Cholesterol: 174.58mg (58.19%), Sodium: 313.74mg (13.64%), Alcohol: 0.28g (100%), Alcohol %: 0.21% (100%), Protein: 8.16g (16.31%), Selenium: 22.6µg (32.28%), Vitamin A: 879.49IU (17.59%), Manganese: 0.25mg (12.72%), Vitamin B2: 0.22mg (12.67%), Phosphorus: 112.3mg (11.23%), Vitamin E: 1.05mg (7.02%), Vitamin B5: 0.7mg (6.97%), Folate: 26.13µg (6.53%), Vitamin D: 0.94µg (6.27%), Vitamin B12: 0.36µg (5.94%), Calcium: 51.91mg (5.19%), Zinc: 0.75mg (5%), Iron: 0.85mg (4.72%), Copper: 0.09mg (4.46%), Vitamin B6: 0.07mg (3.64%), Magnesium: 14.07mg (3.52%), Potassium: 109.4mg (3.13%), Fiber:

0.72g (2.88%), Vitamin B1: 0.04mg (2.8%), Vitamin K: 2.13µg (2.03%), Vitamin B3: 0.36mg (1.79%)