

# Blueberry-Peach Pound Cake

READY IN



80 min.

SERVINGS



12

CALORIES



318 kcal

DESSERT

## Ingredients

- 2 teaspoons double-acting baking powder
- 2 cups blueberries fresh
- 0.5 cup butter softened
- 2.5 cups cake flour
- 12 servings powdered sugar
- 3 eggs
- 0.3 cup milk
- 2.3 cups peaches fresh peeled chopped ()
- 0.3 teaspoon salt

1.3 cups sugar

## Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks

## Directions

- In a large bowl, cream butter and sugar until light and fluffy. Beat in eggs, one at a time. Beat in milk.
- Combine the flour, baking powder and salt; add to creamed mixture. Stir in peaches and blueberries.
- Pour into a greased and floured 10-in. fluted tube pan.
- Bake at 350° for 60–70 minutes or until a toothpick inserted near the center comes out clean. Cool in pan for 15 minutes before removing to a wire rack to cool completely. Dust with confectioners' sugar if desired.

## Nutrition Facts



## Properties

Glycemic Index:33.11, Glycemic Load:29.24, Inflammation Score:-4, Nutrition Score:5.4808695782786%

## Flavonoids

Cyanidin: 2.64mg, Cyanidin: 2.64mg, Cyanidin: 2.64mg, Cyanidin: 2.64mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg Catechin: 2.73mg, Catechin: 2.73mg, Catechin: 2.73mg, Catechin: 2.73mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate:

0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.47mg, Kaempferol:  
0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg,  
Myricetin: 0.32mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg Gallocatechin:  
0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 318.48kcal (15.92%), Fat: 9.54g (14.67%), Saturated Fat: 5.38g (33.6%), Carbohydrates: 54.62g (18.21%),  
Net Carbohydrates: 52.97g (19.26%), Sugar: 33.87g (37.63%), Cholesterol: 61.87mg (20.62%), Sodium: 202.37mg  
(8.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.4%), Selenium: 14.71µg (21.02%), Manganese:  
0.31mg (15.57%), Vitamin A: 411.97IU (8.24%), Phosphorus: 78.36mg (7.84%), Fiber: 1.65g (6.61%), Vitamin K: 6.42µg  
(6.11%), Calcium: 60.72mg (6.07%), Vitamin B2: 0.1mg (5.92%), Vitamin E: 0.79mg (5.29%), Copper: 0.09mg (4.7%),  
Vitamin C: 3.58mg (4.34%), Folate: 17.26µg (4.32%), Vitamin B5: 0.39mg (3.87%), Iron: 0.69mg (3.81%), Zinc: 0.5mg  
(3.34%), Magnesium: 12.6mg (3.15%), Vitamin B3: 0.61mg (3.07%), Potassium: 106.06mg (3.03%), Vitamin B1:  
0.04mg (2.97%), Vitamin B6: 0.05mg (2.59%), Vitamin B12: 0.14µg (2.36%), Vitamin D: 0.28µg (1.84%)