

Blueberry Sour Cream Pound Cake

 Vegetarian

READY IN



80 min.

SERVINGS



20

CALORIES



316 kcal

DESSERT

Ingredients

- 1 teaspoon almonds
- 0.3 teaspoon baking soda
- 1.5 cups blueberries fresh
- 1 cup butter softened
- 1 teaspoon butter
- 6 eggs separated
- 3 cups flour all-purpose
- 8 ounces cream sour

- 3 cups sugar
- 1 teaspoon vanilla extract

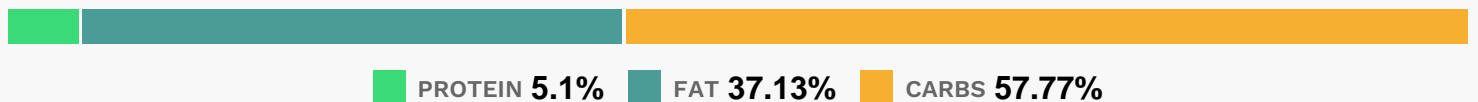
Equipment

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

Directions

- Let eggs stand at room temperature for 30 minutes. In a large bowl, cream butter and sugar until light and fluffy.
- Add egg yolks, one at a time, beating well after each addition.
- Add the extracts and butter flavoring.
- Combine flour and baking soda; add to creamed mixture alternately with sour cream, beating well after each addition. In another bowl and with clean beaters, beat egg whites on high speed until stiff peaks form. Fold into batter. Fold in blueberries.
- Spoon into a greased and floured 10-in. tube pan.
- Bake at 350° for 60–70 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:31.84, Inflammation Score:-4, Nutrition Score:5.101739105971%

Flavonoids

Cyanidin: 0.94mg, Cyanidin: 0.94mg, Cyanidin: 0.94mg, Cyanidin: 0.94mg Petunidin: 3.5mg, Petunidin: 3.5mg, Petunidin: 3.5mg, Petunidin: 3.5mg Delphinidin: 3.93mg, Delphinidin: 3.93mg, Delphinidin: 3.93mg, Delphinidin: 3.93mg Malvidin: 7.5mg, Malvidin: 7.5mg, Malvidin: 7.5mg, Malvidin: 7.5mg Peonidin: 2.25mg, Peonidin: 2.25mg,

Peonidin: 2.25mg, Peonidin: 2.25mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg
Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg
Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Luteolin: 0.02mg, Luteolin:
0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg,
Isorhamnetin: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg
Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.85mg, Quercetin: 0.85mg,
Quercetin: 0.85mg, Quercetin: 0.85mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg,
Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 316.31kcal (15.82%), Fat: 13.28g (20.43%), Saturated Fat: 7.56g (47.25%), Carbohydrates: 46.49g (15.5%),
Net Carbohydrates: 45.7g (16.62%), Sugar: 31.57g (35.08%), Cholesterol: 80.73mg (26.91%), Sodium: 111.33mg
(4.84%), Alcohol: 0.07g (100%), Alcohol %: 0.09% (100%), Protein: 4.1g (8.2%), Selenium: 11.14µg (15.92%), Vitamin
B2: 0.19mg (11.1%), Vitamin B1: 0.16mg (10.66%), Folate: 42.3µg (10.57%), Manganese: 0.18mg (8.82%), Vitamin A:
437.81IU (8.76%), Iron: 1.16mg (6.47%), Phosphorus: 60.09mg (6.01%), Vitamin B3: 1.19mg (5.93%), Vitamin E:
0.58mg (3.84%), Vitamin B5: 0.35mg (3.5%), Fiber: 0.8g (3.19%), Vitamin K: 3.22µg (3.07%), Vitamin B12: 0.16µg
(2.68%), Calcium: 25.97mg (2.6%), Zinc: 0.38mg (2.51%), Copper: 0.05mg (2.46%), Vitamin B6: 0.04mg (2.09%),
Magnesium: 8.31mg (2.08%), Potassium: 66.15mg (1.89%), Vitamin D: 0.26µg (1.76%), Vitamin C: 1.18mg (1.43%)