



Brown Sugar-Buttermilk Pound Cakes

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



332 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 1 cup firmly brown sugar dark packed
- 1 cup butter softened
- 1 cup buttermilk
- 3 large eggs
- 3 cups flour all-purpose
- 1 cup granulated sugar
- 0.1 teaspoon salt

2 teaspoons vanilla extract

Equipment

frying pan

oven

loaf pan

hand mixer

aluminum foil

Directions

Beat butter at medium speed with an electric mixer until creamy. Gradually add sugars, beating until light and fluffy.

Add eggs, 1 at a time, beating at low speed just until blended after each addition.

Stir together buttermilk and baking soda.

Combine flour and salt; add to butter mixture alternately with buttermilk mixture, beginning and ending with flour mixture. Beat at low speed after each addition just until blended. Stir in vanilla.

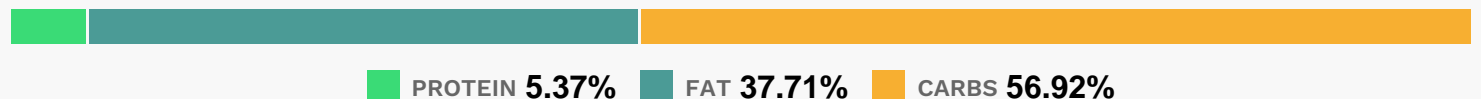
Spray 5 (5 3/4- x 3 1/4-inch) disposable foil loaf pans with baking spray.

Pour batter evenly into pans (about 1 cup batter in each pan).

Bake at 325 for 50 to 55 minutes or until a wooden pick inserted in center comes out clean. Cool cakes in pans on wire racks 10 minutes.

Remove from pans, and cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:15.07, Glycemic Load:23.36, Inflammation Score:-4, Nutrition Score:5.6813043666923%

Nutrients (% of daily need)

Calories: 332.33kcal (16.62%), Fat: 14.04g (21.6%), Saturated Fat: 8.43g (52.71%), Carbohydrates: 47.67g (15.89%), Net Carbohydrates: 47g (17.09%), Sugar: 28.5g (31.66%), Cholesterol: 71.5mg (23.83%), Sodium: 188.95mg (8.22%), Alcohol: 0.18g (100%), Alcohol %: 0.25% (100%), Protein: 4.5g (9.01%), Selenium: 12.54µg (17.92%), Vitamin B1: 0.21mg (13.91%), Folate: 51.85µg (12.96%), Vitamin B2: 0.2mg (12.05%), Manganese: 0.19mg (9.26%), Vitamin A: 458.58IU (9.17%), Iron: 1.45mg (8.08%), Vitamin B3: 1.52mg (7.61%), Phosphorus: 64.65mg (6.47%), Calcium: 43.76mg (4.38%), Vitamin B5: 0.36mg (3.6%), Vitamin E: 0.48mg (3.22%), Vitamin B12: 0.19µg (3.14%), Copper: 0.06mg (2.77%), Vitamin D: 0.41µg (2.72%), Fiber: 0.68g (2.7%), Zinc: 0.38mg (2.57%), Magnesium: 9.99mg (2.5%), Potassium: 86.35mg (2.47%), Vitamin B6: 0.04mg (2.02%), Vitamin K: 1.21µg (1.15%)