



Brown Sugar Pound Cake

READY IN



45 min.

SERVINGS



8

CALORIES



1093 kcal

DESSERT

Ingredients

- ☐ 8 servings snack-size almond joy bars
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 5 large eggs
- ☐ 1 pound brown sugar light
- ☐ 1 cup pecans chopped
- ☐ 0.5 cup shortening
- ☐ 1 cup butter unsalted
- ☐ 1.5 teaspoon vanilla
- ☐ 3 cups flour white all-purpose (Lily works best)

- ☐ 1 cup granulated sugar white
- ☐ 1 cup milk whole

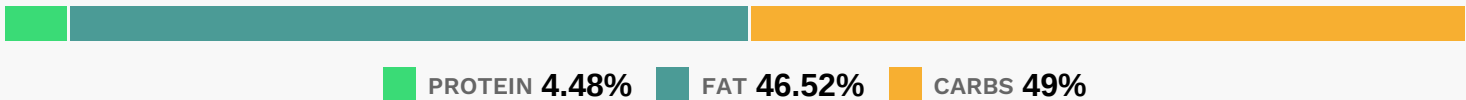
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ hand mixer
- ☐ kugelhopf pan

Directions

- ☐ Preheat oven to 325F.
- ☐ In a large bowl cream butter and shortening with electric mixer.
- ☐ Add sugars and cream again. Turn the mixer on high and run a few minutes. The batter will lighten in color.
- ☐ Add eggs one at a time and stir until just incorporated.
- ☐ Sift dry ingredients and add alternately with milk and vanilla mixture.
- ☐ Add nuts.
- ☐ Spray tube or Bundt pan with Baker's joy.
- ☐ Pour in batter and bake at 325F for 1 1/2 to 1 3/4 hours, or until top of the cake is set.
- ☐ Let cake cool in pan.

Nutrition Facts



Properties

Glycemic Index:35.64, Glycemic Load:43.99, Inflammation Score:-6, Nutrition Score:16.852608780498%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg

Nutrients (% of daily need)

Calories: 1092.59kcal (54.63%), Fat: 57.67g (88.72%), Saturated Fat: 25.16g (157.28%), Carbohydrates: 136.68g (45.56%), Net Carbohydrates: 132.71g (48.26%), Sugar: 95.85g (106.49%), Cholesterol: 182.04mg (60.68%), Sodium: 142.99mg (6.22%), Alcohol: 0.26g (100%), Alcohol %: 0.12% (100%), Protein: 12.5g (24.99%), Manganese: 0.98mg (49.15%), Selenium: 27.7µg (39.57%), Vitamin B1: 0.49mg (32.77%), Vitamin B2: 0.45mg (26.43%), Folate: 104.88µg (26.22%), Phosphorus: 227.01mg (22.7%), Iron: 3.88mg (21.56%), Vitamin A: 946.64IU (18.93%), Fiber: 3.97g (15.9%), Calcium: 158.52mg (15.85%), Vitamin B3: 3.06mg (15.3%), Copper: 0.29mg (14.37%), Vitamin E: 2.01mg (13.37%), Vitamin B5: 1.11mg (11.09%), Zinc: 1.52mg (10.13%), Magnesium: 40.04mg (10.01%), Potassium: 349.89mg (10%), Vitamin D: 1.39µg (9.24%), Vitamin K: 9.61µg (9.15%), Vitamin B12: 0.49µg (8.18%), Vitamin B6: 0.15mg (7.27%)