



Buttermilk Pound Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



463 kcal

DESSERT

Ingredients

- 3 cups flour all-purpose
- 0.3 teaspoon baking soda
- 0.5 teaspoon salt
- 1 cup butter (8 oz.or 2 sticks)
- 3 cups granulated sugar white
- 5 egg whites
- 1 lemon zest grated
- 0.5 teaspoon nutmeg

- 2 teaspoons vanilla extract
- 1 cup buttermilk

Equipment

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

Directions

- Preheat oven to 325 F. Butter one 9- or 10-inch tube pan. Line the bottom with parchment paper, and butter the bottom again. Optional: In addition to buttering the pan, coat the sides with sugar.
- Sift flour, baking soda, and salt. Set aside.
- In a large bowl, beat butter with sugar until creamy, 5 minutes.
- Mix in the eggs, one at time, beating well after each addition. Stir in the lemon zest, nutmeg and the vanilla extract.
- Add one-third of the flour mixture to the batter and mix well.
- Add one-half of the buttermilk into the batter and mix well. Continue to alternate the flour mixture and the buttermilk.
- Garnish with chopped pecans/walnuts or sliced almonds.
- Bake in a preheated oven for 70 to 90 minutes. Do not open oven door within the first hour of baking. The cake is done when it starts to pull away from the tube pans side, or use the toothpick trick. Insert a toothpick and when it comes out clean, the cake is done cooking. After removing the cake from the oven, cool in a pan for 10 minutes.
- Remove from the cake from the pan and place on a wire rack.
- Let cool completely.

Nutrition Facts



■ PROTEIN 4.6% ■ FAT 31.64% ■ CARBS 63.76%

Properties

Glycemic Index:24.67, Glycemic Load:52.48, Inflammation Score:-4, Nutrition Score:6.2191304347826%

Taste

Sweetness: 100%, Saltiness: 10.29%, Sourness: 2.04%, Bitterness: 1.23%, Savoriness: 5.53%, Fattiness: 37.6%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 463.38kcal (23.17%), Fat: 16.52g (25.42%), Saturated Fat: 10.17g (63.58%), Carbohydrates: 74.93g (24.98%), Net Carbohydrates: 74.02g (26.92%), Sugar: 51.19g (56.88%), Cholesterol: 42.87mg (14.29%), Sodium: 284.31mg (12.36%), Alcohol: 0.23g (1.27%), Protein: 5.41g (10.81%), Selenium: 14.33µg (20.47%), Vitamin B1: 0.26mg (17.12%), Vitamin B2: 0.26mg (15.33%), Folate: 59.38µg (14.85%), Manganese: 0.22mg (11.07%), Vitamin A: 506.06IU (10.12%), Vitamin B3: 1.89mg (9.45%), Iron: 1.5mg (8.35%), Phosphorus: 57.44mg (5.74%), Fiber: 0.91g (3.66%), Calcium: 34.56mg (3.46%), Vitamin E: 0.47mg (3.15%), Copper: 0.06mg (2.91%), Magnesium: 10.94mg (2.73%), Vitamin B5: 0.26mg (2.59%), Potassium: 88.45mg (2.53%), Vitamin B12: 0.14µg (2.26%), Zinc: 0.32mg (2.16%), Vitamin D: 0.26µg (1.73%), Vitamin K: 1.48µg (1.41%), Vitamin B6: 0.02mg (1.17%)