



## Butternut Pound Cake

READY IN



120 min.

SERVINGS



10

CALORIES



638 kcal

DESSERT

### Ingredients

- 1 cup butter
- 5 eggs
- 5 ounce evaporated milk canned
- 3 cups flour all-purpose
- 3 fluid ounces milk
- 2 tablespoons rum extract flavored
- 0.5 teaspoon salt
- 0.5 cup shortening
- 2.5 cups sugar

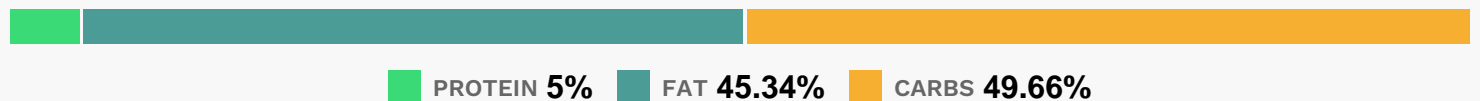
## Equipment

- bowl
- frying pan
- oven
- toothpicks

## Directions

- Grease and flour a 10 inch tube pan.
- Mix together the flour and salt. Set aside.
- Combine the evaporated milk and whole milk; Set aside. In a large bowl, cream together the butter, shortening and sugar until light and fluffy. Beat in the eggs one at a time, then stir in the butternut flavoring. Beat in the flour mixture alternately with the milk, mixing just until incorporated.
- Pour batter into prepared pan.
- Bake at 325 degrees F (165 degrees C) for 1 hour and 45 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

## Nutrition Facts



## Properties

Glycemic Index:23.31, Glycemic Load:55.77, Inflammation Score:-5, Nutrition Score:9.5582609526489%

## Nutrients (% of daily need)

Calories: 638.29kcal (31.91%), Fat: 32.63g (50.21%), Saturated Fat: 15.79g (98.7%), Carbohydrates: 80.43g (26.81%), Net Carbohydrates: 79.41g (28.88%), Sugar: 51.95g (57.72%), Cholesterol: 135.82mg (45.27%), Sodium: 313.53mg (13.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.1g (16.19%), Selenium: 20.49µg (29.27%), Vitamin B1: 0.32mg (21.2%), Vitamin B2: 0.36mg (21.18%), Folate: 80.78µg (20.19%), Vitamin A: 734.32IU (14.69%), Manganese: 0.27mg (13.27%), Phosphorus: 127.24mg (12.72%), Iron: 2.19mg (12.16%), Vitamin B3: 2.28mg (11.38%), Vitamin E: 1.44mg (9.57%), Vitamin B5: 0.72mg (7.2%), Calcium: 71.97mg (7.2%), Vitamin K: 7.33µg (6.98%), Vitamin B12: 0.31µg (5.08%), Zinc: 0.72mg (4.78%), Fiber: 1.01g (4.05%), Magnesium: 15.81mg (3.95%), Potassium: 133.21mg (3.81%), Copper: 0.08mg (3.79%), Vitamin D: 0.55µg (3.68%), Vitamin B6: 0.07mg (3.36%)