



Buttery Pound Cake

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



340 kcal

DESSERT

Ingredients

- ☐ 1.5 cups apples cored peeled thinly sliced
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1.5 teaspoons baking soda
- ☐ 0.5 cup brown sugar divided packed
- ☐ 0.8 cup butter divided softened
- ☐ 1 teaspoon cinnamon
- ☐ 3 eggs
- ☐ 3 cups flour all-purpose

- ☐ 1 teaspoon ground nutmeg
- ☐ 2 tablespoons milk
- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups cup heavy whipping cream sour
- ☐ 1.5 cups sugar
- ☐ 2 teaspoons vanilla extract divided

Equipment

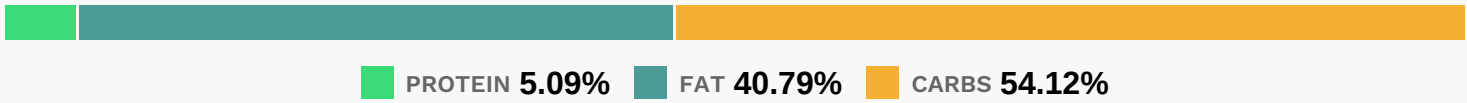
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ kugelhkopf pan

Directions

- ☐ Combine 1/3 cup brown sugar, pecans, cinnamon and nutmeg in a small bowl; set aside.
- ☐ Gradually add 1 1/2 cups sugar, beating 5 to 7 minutes.
- ☐ Add eggs, one at a time, beating just until yellow dissapears.
- ☐ Combine flour, baking powder, baking soda and salt in another bowl.
- ☐ Add sour cream and flour mixture alternately to butter mixture, beginning and ending with flour mixture; beat at low speed after each addition just until mixture is blended. Stir in one teaspoon vanilla.
- ☐ Spoon half of batter into a greased and floured 12-cup Bundt pan. Arrange apple slices over batter, then spoon half of brown sugar mixture over apples; gently press into batter. Top with remaining batter, then sprinkle with remaining brown sugar mixture.
- ☐ Bake at 350 for one hour or until a toothpick inserted in center comes out clean. Cool in pan on wire rack.

- ☐
- Heat 2 tablespoons butter in a small saucepan over medium heat until butter starts to brown.
- ☐
- Remove from heat and stir in remaining 1/2 cup brown sugar, milk and one teaspoon vanilla.
Stir until smooth; drizzle glaze evenly over cake.

Nutrition Facts



Properties

Glycemic Index:27.63, Glycemic Load:26.62, Inflammation Score:-4, Nutrition Score:6.214782598226%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 339.92kcal (17%), Fat: 15.65g (24.08%), Saturated Fat: 8.15g (50.96%), Carbohydrates: 46.72g (15.57%), Net Carbohydrates: 45.49g (16.54%), Sugar: 27.72g (30.8%), Cholesterol: 66.51mg (22.17%), Sodium: 305.33mg (13.28%), Alcohol: 0.17g (100%), Alcohol %: 0.2% (100%), Protein: 4.4g (8.8%), Selenium: 11.71µg (16.72%), Manganese: 0.3mg (15.14%), Vitamin B1: 0.21mg (14.04%), Folate: 49.4µg (12.35%), Vitamin B2: 0.21mg (12.12%), Vitamin A: 455.93IU (9.12%), Iron: 1.44mg (7.98%), Phosphorus: 78.93mg (7.89%), Vitamin B3: 1.47mg (7.33%), Calcium: 66.58mg (6.66%), Fiber: 1.23g (4.9%), Copper: 0.08mg (4.04%), Vitamin B5: 0.36mg (3.57%), Magnesium: 13.16mg (3.29%), Vitamin E: 0.49mg (3.24%), Zinc: 0.48mg (3.17%), Potassium: 101.96mg (2.91%), Vitamin B12: 0.15µg (2.45%), Vitamin B6: 0.05mg (2.38%), Vitamin K: 1.55µg (1.47%), Vitamin D: 0.19µg (1.24%)