



Canola Oil Pound Cake with Browned Butter Glaze

READY IN



110 min.

SERVINGS



16

CALORIES



301 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 3 cups cake flour
- ☐ 6 tablespoons canola oil
- ☐ 2 large eggs
- ☐ 2 tablespoons milk 2% reduced-fat
- ☐ 1 cup nonfat buttermilk
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar

- ☐ 1.8 cups sugar
- ☐ 0.5 cup butter unsalted softened
- ☐ 1 tablespoon butter unsalted
- ☐ 1 vanilla pod split
- ☐ 0.5 teaspoon vanilla extract

Equipment

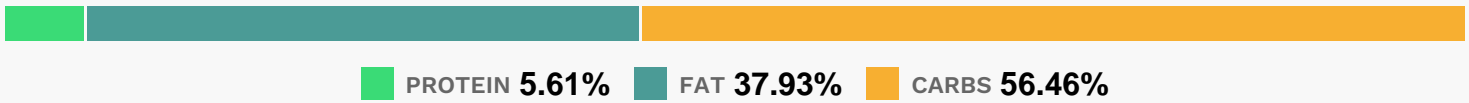
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cake, combine oil and vanilla bean in a small skillet over medium-high heat, and bring to a simmer.
- ☐ Remove from heat.
- ☐ Let stand 10 minutes or until mixture cools to room temperature. Scrape seeds from bean, and stir into oil; discard bean.
- ☐ Combine the oil mixture, 1 3/4 cups sugar, and 1/2 cup butter in a large bowl; beat with a mixer at medium speed until well blended (about 5 minutes).
- ☐ Add eggs, one at a time, beating well after each addition. Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, and salt, stirring well with a whisk.
- ☐ Add the flour mixture and buttermilk alternately to sugar mixture, beginning and ending with flour mixture.

- ☐ Spoon batter into a 10-inch tube pan coated with cooking spray, and spread evenly.
- ☐ Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean. Cool in pan for 10 minutes on a wire rack, and remove from pan.
- ☐ To prepare glaze, melt 1 tablespoon butter in a small skillet over medium heat; cook for 2 minutes or until lightly browned.
- ☐ Remove from heat.
- ☐ Add the remaining ingredients, stirring until smooth.
- ☐ Drizzle glaze over warm cake.

Nutrition Facts



Properties

Glycemic Index:18.7, Glycemic Load:28.59, Inflammation Score:-2, Nutrition Score:3.44260873354%

Nutrients (% of daily need)

Calories: 301.26kcal (15.06%), Fat: 12.86g (19.79%), Saturated Fat: 4.76g (29.73%), Carbohydrates: 43.07g (14.36%), Net Carbohydrates: 42.51g (15.46%), Sugar: 25.9g (28.78%), Cholesterol: 40.83mg (13.61%), Sodium: 150.64mg (6.55%), Alcohol: 0.04g (100%), Alcohol %: 0.06% (100%), Protein: 4.28g (8.56%), Selenium: 11.5µg (16.43%), Manganese: 0.19mg (9.47%), Vitamin E: 1.26mg (8.42%), Phosphorus: 49.71mg (4.97%), Vitamin A: 235.27IU (4.71%), Calcium: 42.79mg (4.28%), Vitamin K: 4.39µg (4.18%), Vitamin B2: 0.05mg (3.16%), Folate: 11µg (2.75%), Copper: 0.05mg (2.52%), Fiber: 0.56g (2.25%), Iron: 0.39mg (2.17%), Vitamin B5: 0.21mg (2.14%), Zinc: 0.3mg (1.99%), Magnesium: 7.13mg (1.78%), Vitamin D: 0.24µg (1.63%), Vitamin B1: 0.02mg (1.49%), Vitamin B12: 0.08µg (1.32%), Vitamin B3: 0.24mg (1.22%), Potassium: 37.4mg (1.07%), Vitamin B6: 0.02mg (1.01%)