



Caramel Pound Cake

READY IN



120 min.

SERVINGS



10

CALORIES



797 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup butter
- ☐ 2.3 cups brown sugar dark packed
- ☐ 5 eggs
- ☐ 0.5 cup evaporated milk
- ☐ 3 cups flour all-purpose
- ☐ 1 cup milk
- ☐ 1 cup pecans chopped

- ☐ 0.5 cup shortening
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

Equipment

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

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Grease and flour a 10 inch tube pan.
- ☐ Cream together 1cup butter or margarine, shortening, brown sugar, and 1 cup white sugar.
- ☐ Add eggs one at a time, beating well after each addition. Stir in 1 teaspoon vanilla.
- ☐ Sift 2 1/2 cups of the flour and baking powder.
- ☐ Add alternately with milk to the creamed mixture. Stir 1/2 cup flour with the chopped pecans, then fold into the batter.
- ☐ Pour into prepared pan.
- ☐ Bake in preheated oven for 60 to 90 minutes, or until a toothpick inserted into the center comes out clean.
- ☐ Let stand in pan 10 minutes, and then turn out onto a wire rack and cool completely.
- ☐ To Make Frosting: In a small saucepan, beat 1 cup brown sugar, 1 cup white sugar, butter or margarine, and milk together. Bring to a rolling boil, and cook for one minute.
- ☐ Remove from heat, and stir in vanilla. Cool, then beat until thickened.
- ☐ Add a little milk if it too thick.
- ☐ Spread on cake.

Nutrition Facts



 **PROTEIN 4.66%**  **FAT 34.92%**  **CARBS 60.42%**

Properties

Glycemic Index:33.51, Glycemic Load:35.2, Inflammation Score:-5, Nutrition Score:13.128261045269%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

Nutrients (% of daily need)

Calories: 796.88kcal (39.84%), Fat: 31.56g (48.55%), Saturated Fat: 10.85g (67.81%), Carbohydrates: 122.87g (40.96%), Net Carbohydrates: 120.81g (43.93%), Sugar: 92.43g (102.7%), Cholesterol: 112.82mg (37.61%), Sodium: 169.46mg (7.37%), Alcohol: 0.14g (100%), Alcohol %: 0.08% (100%), Protein: 9.49g (18.97%), Manganese: 0.8mg (40.08%), Selenium: 21.73µg (31.04%), Vitamin B1: 0.4mg (26.49%), Vitamin B2: 0.38mg (22.44%), Folate: 83.43µg (20.86%), Phosphorus: 174.46mg (17.45%), Iron: 2.97mg (16.52%), Calcium: 162.64mg (16.26%), Vitamin B3: 2.49mg (12.47%), Copper: 0.24mg (11.91%), Vitamin A: 478.18IU (9.56%), Vitamin B5: 0.94mg (9.44%), Magnesium: 36.79mg (9.2%), Vitamin E: 1.33mg (8.87%), Zinc: 1.27mg (8.48%), Potassium: 288.8mg (8.25%), Fiber: 2.06g (8.24%), Vitamin K: 6.96µg (6.63%), Vitamin B6: 0.13mg (6.39%), Vitamin B12: 0.37µg (6.12%), Vitamin D: 0.72µg (4.81%)