



Cardamom Vanilla Pound Cake

 Vegetarian

READY IN



1500 min.

SERVINGS



12

CALORIES



526 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2.5 tablespoons confectioners sugar
- ☐ 4 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 1.8 cups granulated sugar
- ☐ 1 teaspoon ground cardamom
- ☐ 1.5 cups heavy cream chilled

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon salt
- ☐ 2.3 sticks butter unsalted softened
- ☐ 2 vanilla beans halved lengthwise
- ☐ 1.5 teaspoons vanilla extract pure
- ☐ 1 cup milk whole

Equipment

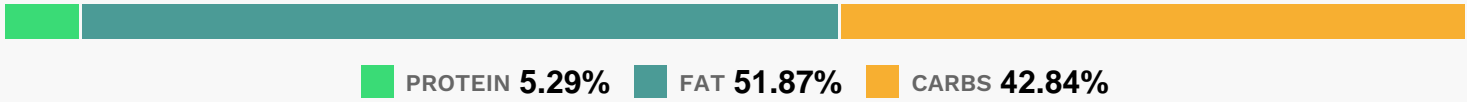
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ skewers
- ☐ mortar and pestle

Directions

- ☐ Preheat oven to 350°F with rack in middle. Generously butter pan and dust with flour, knocking out excess.
- ☐ Whisk together flour, cardamom, baking powder, baking soda, and salt. Beat together butter and granulated sugar in mixer at medium speed, scraping side of bowl occasionally, until pale and fluffy, about 5 minutes. Scrape seeds from vanilla beans with tip of a paring knife into butter mixture, reserving pods for another use, and beat until combined well, about 1 minute.
- ☐ Add eggs 1 at a time, beating well after each addition, then beat in lemon juice until combined well. At low speed, add flour mixture and milk alternately in batches, beginning and ending with flour mixture, mixing until just combined.
- ☐ Spoon batter into pan, smoothing top. Gently rap pan on counter to eliminate air bubbles.
- ☐ Bake until a wooden skewer inserted into center of cake comes out clean, about 1 hour. Cool in pan 1 hour, then invert onto a rack and cool completely, about 1 hour more.

- ☐
- Beat cream with confectioners sugar and vanilla extract using whisk attachment of mixer until it just holds stiff peaks.
- ☐
- Serve cake with whipped vanilla cream.
- ☐
- If you have green cardamom pods, you can grind the seeds using a mortar and pestle or an electric coffee/spice grinder•Cake keeps in an airtight container at room temperature 3 days.

Nutrition Facts



Properties

Glycemic Index:23.34, Glycemic Load:38.06, Inflammation Score:-6, Nutrition Score:8.9639130001483%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 525.99kcal (26.3%), Fat: 30.7g (47.23%), Saturated Fat: 18.68g (116.73%), Carbohydrates: 57.05g (19.02%), Net Carbohydrates: 56.16g (20.42%), Sugar: 32.84g (36.49%), Cholesterol: 143.61mg (47.87%), Sodium: 220.62mg (9.59%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 7.04g (14.09%), Selenium: 17.39µg (24.84%), Vitamin A: 1089.82IU (21.8%), Vitamin B2: 0.33mg (19.33%), Vitamin B1: 0.27mg (18.07%), Folate: 67.1µg (16.77%), Manganese: 0.27mg (13.46%), Phosphorus: 117.36mg (11.74%), Iron: 1.85mg (10.3%), Vitamin B3: 1.91mg (9.56%), Vitamin D: 1.35µg (9.01%), Calcium: 84.47mg (8.45%), Vitamin E: 0.97mg (6.47%), Vitamin B12: 0.34µg (5.7%), Vitamin B5: 0.57mg (5.69%), Zinc: 0.62mg (4.16%), Magnesium: 14.43mg (3.61%), Fiber: 0.89g (3.58%), Potassium: 124.88mg (3.57%), Copper: 0.07mg (3.37%), Vitamin B6: 0.07mg (3.33%), Vitamin K: 2.64µg (2.51%)