



Chocolate Pound Cake

READY IN



120 min.

SERVINGS



12

CALORIES



706 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 cup butter plus more for greasing the pan room temperature 2 sticks
- ☐ 0.5 cup cocoa
- ☐ 5 large eggs room temperature
- ☐ 3 cups flour all-purpose
- ☐ 1 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 3 cups sugar
- ☐ 2 teaspoons vanilla extract

- ☐ 12 servings whipped cream for serving
- ☐ 0.5 cup vegetable shortening

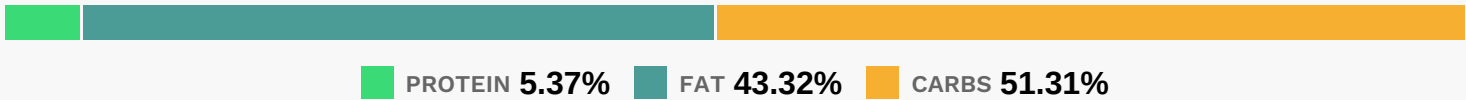
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F. Grease a 10-inch tube pan with butter.
- ☐ Sift the flour, baking powder, salt and cocoa together. Set aside.
- ☐ With an electric mixer, cream the 1 cup butter, the shortening and the sugar until fluffy.
- ☐ Add the eggs one a time, beating well after each addition. With the motor running, add the flour mixture and the milk alternately, beginning and ending with the flour.
- ☐ Add the vanilla.
- ☐ Pour the batter into the prepared pan and bake for 1 hour. Check for doneness by inserting a toothpick into the cake; it should come out clean. Cool the cake in the pan for 30 minutes before turning it out onto a wire rack to cool completely.
- ☐ Slice the cake and serve topped with a scoop of vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:32.17, Glycemic Load:61.79, Inflammation Score:-6, Nutrition Score:12.221739124993%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 706.18kcal (35.31%), Fat: 34.73g (53.43%), Saturated Fat: 17.71g (110.67%), Carbohydrates: 92.54g (30.85%), Net Carbohydrates: 89.91g (32.69%), Sugar: 65.19g (72.43%), Cholesterol: 149.65mg (49.88%), Sodium: 328.58mg (14.29%), Alcohol: 0.23g (100%), Alcohol %: 0.13% (100%), Caffeine: 8.24mg (2.75%), Protein: 9.69g (19.39%), Selenium: 19.57µg (27.95%), Vitamin B2: 0.46mg (27.13%), Phosphorus: 199.37mg (19.94%), Vitamin B1: 0.3mg (19.84%), Manganese: 0.37mg (18.32%), Folate: 71.99µg (18%), Vitamin A: 896.03IU (17.92%), Calcium: 145.48mg (14.55%), Iron: 2.43mg (13.48%), Copper: 0.22mg (10.76%), Fiber: 2.63g (10.53%), Vitamin B3: 2.05mg (10.24%), Vitamin B5: 1mg (10.04%), Magnesium: 39.44mg (9.86%), Vitamin B12: 0.58µg (9.75%), Vitamin E: 1.41mg (9.41%), Zinc: 1.29mg (8.62%), Potassium: 285.07mg (8.14%), Vitamin K: 6.37µg (6.07%), Vitamin D: 0.77µg (5.15%), Vitamin B6: 0.1mg (4.92%)