



Chocolate Pound Cake I

READY IN



45 min.

SERVINGS



10

CALORIES



704 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 cup butter softened
- 5 eggs
- 3.5 cups flour all-purpose
- 1.1 cups milk
- 0.3 teaspoon salt
- 0.5 cup shortening
- 0.5 cup cocoa powder unsweetened
- 2 teaspoons vanilla extract

3 cups sugar white

Equipment

frying pan

baking paper

oven

wire rack

Directions

Preheat oven to 300 degrees F (150 degrees C).

Cream together butter or margarine, shortening, and sugar.

Add the eggs, vanilla, and salt mixing batter until light and creamy.

Add 1cup flour and the baking powder to egg butter mixture. Stir until just combined. Then add 1/2 cup milk stirring until combined. Continue alternating flour and milk, ending with flour.

Stir in cocoa and mix well.

Place batter in a greased and floured tube pan that has been lined with greased and floured baking parchment paper.

Bake in a preheated 300 degrees F (150 degrees C) oven for 1 hour 30 minutes.

Cool cake in pan for 10 minutes. Then remove cake from its pan and let cool on a wire rack.

Nutrition Facts



PROTEIN 5.12% **FAT 40.97%** **CARBS 53.91%**

Properties

Glycemic Index:32.51, Glycemic Load:66.58, Inflammation Score:-6, Nutrition Score:12.224347809087%

Flavonoids

Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 703.76kcal (35.19%), Fat: 32.84g (50.52%), Saturated Fat: 15.84g (99.03%), Carbohydrates: 97.25g (32.42%), Net Carbohydrates: 94.47g (34.35%), Sugar: 61.59g (68.43%), Cholesterol: 133.94mg (44.65%), Sodium: 269.83mg (11.73%), Alcohol: 0.28g (100%), Alcohol %: 0.18% (100%), Caffeine: 9.89mg (3.3%), Protein: 9.23g (18.46%), Selenium: 23.31µg (33.3%), Vitamin B1: 0.37mg (24.95%), Manganese: 0.47mg (23.75%), Folate: 92.46µg (23.11%), Vitamin B2: 0.38mg (22.63%), Iron: 3.08mg (17.1%), Phosphorus: 159.97mg (16%), Vitamin A: 730.54IU (14.61%), Vitamin B3: 2.73mg (13.67%), Copper: 0.25mg (12.35%), Fiber: 2.77g (11.09%), Vitamin E: 1.43mg (9.53%), Magnesium: 37.62mg (9.41%), Calcium: 76.18mg (7.62%), Vitamin B5: 0.74mg (7.37%), Vitamin K: 7.43µg (7.08%), Zinc: 1.02mg (6.82%), Vitamin B12: 0.38µg (6.38%), Potassium: 191.59mg (5.47%), Vitamin D: 0.74µg (4.95%), Vitamin B6: 0.08mg (3.97%)