



Chocolate Pound Cake with Strawberry Ice Cream and Bittersweet Chocolate Sauce

READY IN



45 min.

SERVINGS



10

CALORIES



834 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1.5 cups cake flour
- ☐ 10 servings bittersweet chocolate
- ☐ 4 large eggs
- ☐ 0.5 teaspoon salt
- ☐ 6.5 ounces semi chocolate chips miniature
- ☐ 0.8 cup cream sour
- ☐ 10 servings strawberries sweetened

- ☐ 1.5 quarts strawberry ice cream
- ☐ 1.3 cups sugar
- ☐ 1 cup butter unsalted room temperature (2 sticks)
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 tablespoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ loaf pan
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 325°. Butter and flour 9x5x3-inch metal loaf pan. Sift flour, cocoa, baking powder and salt into medium bowl. Using electric mixer, beat butter in large bowl until fluffy. Gradually add sugar; beat until well blended.
- ☐ Add eggs 1 at a time, beating well after each addition. Beat in sour cream and vanilla.
- ☐ Add dry ingredients in 3 additions, beating well after each addition. Fold in chocolate chips.
- ☐ Transfer batter to pan. Smooth top.
- ☐ Bake cake until tester inserted into center comes out clean, about 1 hour 35 minutes. Cool in pan on rack 15 minutes. Run knife between pan sides and cake; turn cake out onto rack. Cool. Wrap in foil; let stand at room temperature at least 1 day. (Can be made 3 days ahead. Store wrapped in foil at room temperature.)
- ☐ Cut pound cake into 3/4-inch-thick slices.
- ☐ Place 1 cake slice on each of 10 plates. Spoon Sweetened Strawberries and scoop of ice cream alongside.
- ☐ Drizzle with Bittersweet Chocolate Sauce and serve.

Nutrition Facts



PROTEIN 5.99% FAT 46.39% CARBS 47.62%

Properties

Glycemic Index:26.91, Glycemic Load:29.64, Inflammation Score:-8, Nutrition Score:23.607391461082%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 7.27mg, Catechin: 7.27mg, Catechin: 7.27mg, Catechin: 7.27mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 9.05mg, Epicatechin: 9.05mg, Epicatechin: 9.05mg, Epicatechin: 9.05mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 834.32kcal (41.72%), Fat: 44.44g (68.37%), Saturated Fat: 26.09g (163.07%), Carbohydrates: 102.64g (34.21%), Net Carbohydrates: 94.89g (34.51%), Sugar: 40.1g (44.55%), Cholesterol: 175.71mg (58.57%), Sodium: 285.12mg (12.4%), Alcohol: 0.45g (100%), Alcohol %: 0.14% (100%), Caffeine: 26.6mg (8.87%), Protein: 12.92g (25.84%), Vitamin C: 95.76mg (116.07%), Manganese: 1.25mg (62.51%), Phosphorus: 343.77mg (34.38%), Vitamin B2: 0.56mg (32.88%), Fiber: 7.75g (31.01%), Copper: 0.59mg (29.26%), Selenium: 20.12µg (28.74%), Calcium: 271.78mg (27.18%), Magnesium: 103.78mg (25.94%), Vitamin A: 1264.36IU (25.29%), Potassium: 738.59mg (21.1%), Iron: 3.31mg (18.38%), Folate: 70.27µg (17.57%), Vitamin B5: 1.74mg (17.43%), Zinc: 1.99mg (13.27%), Vitamin B12: 0.71µg (11.89%), Vitamin B6: 0.2mg (9.97%), Vitamin E: 1.41mg (9.42%), Vitamin B1: 0.14mg (9.05%), Vitamin B3: 1.29mg (6.44%), Vitamin K: 6.64µg (6.32%), Vitamin D: 0.74µg (4.94%)