



## Citrus Almond Pound Cake

READY IN



57 min.

SERVINGS



8

CALORIES



346 kcal

DESSERT

### Ingredients

- ☐ 3.5 ounce almond paste (half a tube)
- ☐ 0.4 teaspoon double-acting baking powder
- ☐ 3 oz cake flour
- ☐ 3 large eggs plus 2 tablespoons of egg lightly beaten
- ☐ 1.5 cups granulated sugar
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest
- ☐ 2 tablespoons orange juice fresh
- ☐ 1 teaspoons orange zest

- ☐ 0.1 teaspoon salt
- ☐ 6 tablespoons butter unsalted cold cubed
- ☐ 1 teaspoons vanilla extract

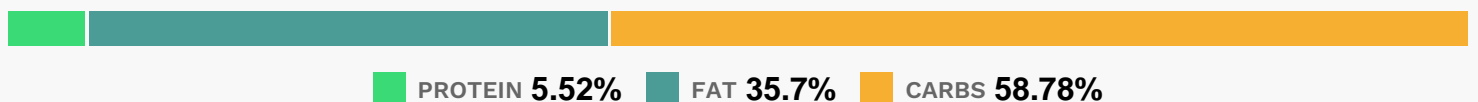
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ loaf pan

## Directions

- ☐ Preheat oven to 350 degrees. Grease and flour small loaf pan (mine was about 8 inches, but a slightly larger one would be okay). Put lemon juice, orange juice and 1/2 cup plus 1 tablespoon sugar in a small saucepan over low heat; cook until the sugar dissolves and remove from heat. Put almond paste and remaining 1 cup sugar in food processor and process until well combined; add butter and continue processing until light. With the machine running, add eggs one at a time along with zest and vanilla, and continue to process until smooth.
- ☐ Mix the cake flour, baking powder and salt together in a bowl, then add the flour, baking powder and salt to the food processor and pulse a few times — just until the dry ingredients are integrated (be careful not to over process, or the cake will become tough).
- ☐ Pour the batter into the prepared pan and bake about 47 minutes. W
- ☐ Remove the cake from the oven and let cool slightly.
- ☐ Pour the citrus soak (mine cooled into kind of a syrup) over the cake and let it sit for about 30 minutes, or until all the liquid is absorbed and the cake releases from the pan easily.
- ☐ Cut into slices.

## Nutrition Facts



## Properties

Glycemic Index:35.14, Glycemic Load:31.45, Inflammation Score:-3, Nutrition Score:5.3295652011166%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 346.29kcal (17.31%), Fat: 14.05g (21.62%), Saturated Fat: 6.34g (39.6%), Carbohydrates: 52.05g (17.35%), Net Carbohydrates: 51.13g (18.59%), Sugar: 42.55g (47.28%), Cholesterol: 92.32mg (30.77%), Sodium: 85.84mg (3.73%), Alcohol: 0.17g (100%), Alcohol %: 0.22% (100%), Protein: 4.89g (9.78%), Selenium: 10.84µg (15.49%), Vitamin E: 2.17mg (14.44%), Manganese: 0.2mg (9.99%), Vitamin B2: 0.16mg (9.23%), Phosphorus: 87.2mg (8.72%), Vitamin A: 373.76IU (7.48%), Folate: 23.82µg (5.96%), Magnesium: 22.14mg (5.53%), Vitamin C: 4.25mg (5.15%), Calcium: 48.85mg (4.88%), Copper: 0.1mg (4.84%), Iron: 0.68mg (3.78%), Vitamin B5: 0.37mg (3.75%), Fiber: 0.92g (3.69%), Zinc: 0.53mg (3.57%), Vitamin D: 0.53µg (3.55%), Vitamin B12: 0.18µg (3.08%), Potassium: 92.8mg (2.65%), Vitamin B6: 0.05mg (2.25%), Vitamin B1: 0.03mg (2.13%), Vitamin B3: 0.33mg (1.63%)