

Citrus Pound Cake

READY IN



300 min.

SERVINGS



8

CALORIES



451 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 cups cake flour sifted (not self-rising; sift before measuring)
- ☐ 4 large eggs at room temperature
- ☐ 1 cup granulated sugar
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 2 teaspoons orange juice fresh
- ☐ 1 tablespoon orange zest grated
- ☐ 0.5 teaspoon salt

- ☐ 0.5 pound butter unsalted softened
- ☐ 0.5 teaspoon vanilla extract pure

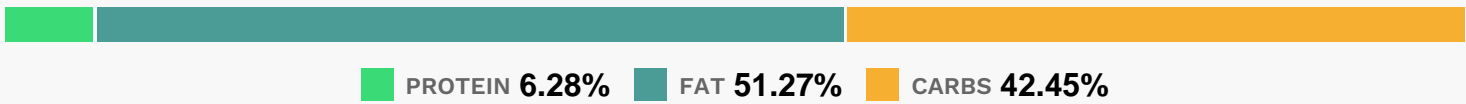
Equipment

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

Directions

- ☐ Preheat oven to 325°F with rack in middle. Butter an 8 1/2- by 4 1/2-inch loaf pan.
- ☐ Sift together flour, baking powder, and salt.
- ☐ Mix together sugar and zests with an electric mixer at low speed until sugar is evenly colored, then add butter and beat at high speed until pale and fluffy, about 5 minutes.
- ☐ Beat in eggs 1 at a time at medium speed, scraping down side of bowl frequently, then beat in juices and vanilla. At low speed, mix in flour mixture until just incorporated.
- ☐ Spread batter in loaf pan and rap pan several times on counter to eliminate air bubbles.
- ☐ Bake until golden and a wooden pick inserted in center comes out clean, 1 to 1 1/4 hours. Cool in pan on a rack 30 minutes, then run a knife around edge of pan and invert cake onto rack. Cool completely, top side up.
- ☐ Cake improves in flavor if made at least 1 day ahead and can be made 5 days ahead and kept, wrapped tightly, at room temperature.

Nutrition Facts



Properties

Glycemic Index:35.14, Glycemic Load:32.36, Inflammation Score:-4, Nutrition Score:6.374347852624%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 450.83kcal (22.54%), Fat: 25.98g (39.97%), Saturated Fat: 15.42g (96.39%), Carbohydrates: 48.39g (16.13%), Net Carbohydrates: 47.52g (17.28%), Sugar: 25.36g (28.18%), Cholesterol: 153.95mg (51.32%), Sodium: 237.92mg (10.34%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Protein: 7.16g (14.33%), Selenium: 20.53µg (29.33%), Vitamin A: 850.89IU (17.02%), Manganese: 0.26mg (12.9%), Phosphorus: 98.12mg (9.81%), Vitamin B2: 0.15mg (8.77%), Vitamin E: 1.05mg (7%), Vitamin D: 0.93µg (6.17%), Folate: 23.82µg (5.96%), Calcium: 57.01mg (5.7%), Vitamin B5: 0.56mg (5.6%), Vitamin B12: 0.27µg (4.51%), Iron: 0.81mg (4.48%), Copper: 0.08mg (4.16%), Zinc: 0.62mg (4.14%), Fiber: 0.86g (3.45%), Magnesium: 11.98mg (3%), Vitamin C: 2.46mg (2.98%), Vitamin B6: 0.06mg (2.89%), Vitamin B1: 0.04mg (2.61%), Potassium: 79.69mg (2.28%), Vitamin K: 2.15µg (2.05%), Vitamin B3: 0.36mg (1.8%)