



Citrus Pound Cake with Blood Orange Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



299 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 2 cups blood orange juice fresh (12 oranges)
- 10 tablespoon butter softened
- 3 large egg whites
- 3 large eggs
- 1 tablespoon flour all-purpose
- 10 ounces flour all-purpose
- 2 tablespoons juice of lemon fresh

- 1 teaspoon lemon rind grated
- 0.5 cup buttermilk low-fat
- 4 ounces neufchâtel cheese softened
- 0.3 cup orange juice fresh
- 1 teaspoon orange rind grated
- 0.3 teaspoon salt
- 0.7 cup sugar
- 1.8 cups sugar divided

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- wire rack
- blender
- measuring cup

Directions

- Preheat oven to 32
- To prepare cake, coat a 10-inch tube pan with cooking spray; dust with 1 tablespoon flour. Set aside. Lightly spoon 2 1/4 cups flour into dry measuring cups; level with a knife.
- Combine flour, baking powder, and salt; stir well with a whisk.
- Combine 1 1/2 cups sugar, butter, and cheese in a large bowl; beat with a mixer at medium speed until well blended (about 7 minutes).
- Add rinds; beat well.
- Add 3 large eggs, 1 at a time, beating well after each addition.

- Combine buttermilk, 1/4 cup orange juice, and lemon juice.
- Add flour mixture and buttermilk mixture alternately to sugar mixture, beginning and ending with flour mixture.
- Place egg whites in a medium bowl. Beat with a mixer at high speed until soft peaks form, using clean, dry beaters.
- Add remaining 1/4 cup sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently fold one-third of egg white mixture into batter, and fold in remaining egg white mixture. Spoon batter into prepared pan.
- Bake at 325 for 1 hour and 10 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack for 10 minutes.
- Remove cake from pan; cool completely on a wire rack.
- To prepare sauce, combine the blood orange juice and 2/3 cup sugar in a large, heavy saucepan; bring to a boil, stirring until sugar dissolves. Reduce heat, and simmer until reduced to 1 cup (about 30 minutes).
- Serve sauce with cake.

Nutrition Facts

■ PROTEIN **6.52%** ■ FAT **29.68%** ■ CARBS **63.8%**

Properties

Glycemic Index:35.2, Glycemic Load:33.11, Inflammation Score:-4, Nutrition Score:6.1413043089535%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 4.44mg, Hesperetin: 4.44mg, Hesperetin: 4.44mg, Hesperetin: 4.44mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 299.21kcal (14.96%), Fat: 10.04g (15.45%), Saturated Fat: 5.78g (36.15%), Carbohydrates: 48.57g (16.19%), Net Carbohydrates: 47.98g (17.45%), Sugar: 33.85g (37.61%), Cholesterol: 59.23mg (19.74%), Sodium: 178.5mg (7.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.92%), Vitamin C: 18.57mg (22.51%), Selenium: 10.95µg (15.65%), Folate: 50.46µg (12.61%), Vitamin B1: 0.18mg (12.23%), Vitamin B2: 0.2mg (11.89%), Vitamin A: 402.87IU (8.06%), Phosphorus: 69.29mg (6.93%), Manganese: 0.13mg (6.74%), Iron: 1.14mg (6.35%), Vitamin B3: 1.25mg (6.27%), Calcium: 46.84mg (4.68%), Potassium: 139.49mg (3.99%), Vitamin B5: 0.38mg (3.76%),

Magnesium: 11.58mg (2.89%), Copper: 0.06mg (2.76%), Zinc: 0.37mg (2.46%), Vitamin E: 0.36mg (2.41%), Fiber: 0.59g (2.37%), Vitamin B12: 0.14µg (2.36%), Vitamin B6: 0.05mg (2.26%), Vitamin D: 0.19µg (1.25%)