



Coconut Sour Cream Pound Cake

READY IN



95 min.

SERVINGS



8

CALORIES



794 kcal

DESSERT

Ingredients

- 0.3 teaspoon baking soda
- 3 cups cake flour sifted
- 1 tablespoon coconut extract
- 6 eggs
- 1 cup cup heavy whipping cream sour
- 1 cup vegetable shortening crisco® (such as)
- 3 cups sugar white

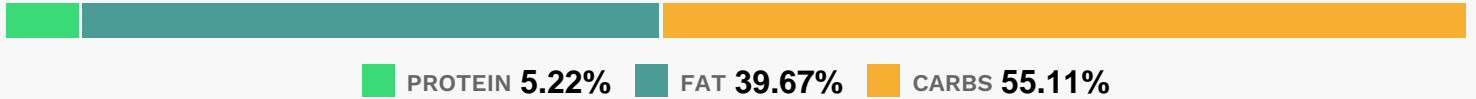
Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks

Directions

- Preheat oven to 300 degrees F (150 degrees C). Grease and flour a 9-inch tube pan.
- Beat vegetable shortening and sugar together in a bowl using an electric mixer until mixture is creamy. Beat eggs into shortening mixture, one at a time, letting each egg blend in before adding the next. Beat in sour cream until smooth.
- Gradually stir cake flour and baking soda into the moist ingredients until batter is smooth; stir in coconut extract. Scoop batter into prepared tube pan.
- Bake in the preheated oven until a toothpick inserted into the middle of the cake comes out clean or with moist crumbs, 1 hour and 20 minutes.

Nutrition Facts



Properties

Glycemic Index:17.14, Glycemic Load:74.38, Inflammation Score:-2, Nutrition Score:8.7978261372317%

Nutrients (% of daily need)

Calories: 793.93kcal (39.7%), Fat: 35.36g (54.4%), Saturated Fat: 10.46g (65.36%), Carbohydrates: 110.5g (36.83%), Net Carbohydrates: 109.38g (39.77%), Sugar: 76.33g (84.81%), Cholesterol: 139.72mg (46.57%), Sodium: 92.85mg (4.04%), Alcohol: 0.64g (100%), Alcohol %: 0.38% (100%), Protein: 10.48g (20.95%), Selenium: 30.25µg (43.22%), Manganese: 0.39mg (19.55%), Vitamin E: 2.21mg (14.76%), Vitamin B2: 0.24mg (14.31%), Vitamin K: 14.3µg (13.62%), Phosphorus: 132.77mg (13.28%), Vitamin B5: 0.98mg (9.83%), Folate: 32.7µg (8.18%), Vitamin A: 358.25IU (7.16%), Zinc: 0.93mg (6.19%), Copper: 0.12mg (6.04%), Iron: 1.08mg (5.98%), Vitamin B12: 0.35µg (5.9%), Calcium: 55.76mg (5.58%), Magnesium: 18.78mg (4.69%), Fiber: 1.13g (4.5%), Vitamin D: 0.66µg (4.4%), Vitamin B6: 0.09mg (4.3%), Vitamin B1: 0.06mg (4.12%), Potassium: 132.59mg (3.79%), Vitamin B3: 0.53mg (2.64%)