



## Cornmeal Pound Cake

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



304 kcal

DESSERT

### Ingredients

- 0.5 teaspoon baking soda
- 0.7 cup butter softened
- 5 large egg whites
- 5 large egg yolks
- 2 cups flour all-purpose
- 0.5 cup cornmeal white stone-ground
- 1 tablespoon cornmeal white stone-ground
- 1 teaspoon lemon rind grated

- 1 cup cup heavy whipping cream sour low-fat
- 0.5 teaspoon salt
- 0.5 cup grits white stone-ground
- 2 cups sugar divided
- 1 teaspoon vanilla extract

## Equipment

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

## Directions

- Preheat oven to 32
- Coat a 10-inch tube pan with cooking spray; dust with 1 tablespoon cornmeal.
- Place 1 3/4 cups sugar, butter, rind, and vanilla in a large bowl; beat with a mixer at medium speed until light and fluffy.
- Add egg yolks, 1 at a time, beating well after each addition. Beat in sour cream.
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, 1/2 cup cornmeal, grits, salt, and baking soda in a medium bowl; stir well with a whisk.
- Add flour mixture to sugar mixture, stirring to combine.
- Beat egg whites with a mixer at high speed until foamy. Gradually add 1/4 cup sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently stir one-fourth of egg white mixture into batter; gently fold in remaining egg white mixture. Spoon batter into prepared pan.

Bake at 325 for 50 minutes or until a wooden pick inserted in cake comes out clean. Cool in pan 15 minutes on a wire rack; remove from pan. Cool cake completely on wire rack.

## Nutrition Facts



**PROTEIN 6.79%**   **FAT 32.81%**   **CARBS 60.4%**

### Properties

Glycemic Index:12.19, Glycemic Load:26.08, Inflammation Score:-3, Nutrition Score:5.2465217489263%

### Nutrients (% of daily need)

Calories: 304.09kcal (15.2%), Fat: 11.19g (17.22%), Saturated Fat: 6.4g (39.98%), Carbohydrates: 46.36g (15.45%), Net Carbohydrates: 45.27g (16.46%), Sugar: 25.28g (28.09%), Cholesterol: 82.74mg (27.58%), Sodium: 200.15mg (8.7%), Alcohol: 0.09g (100%), Alcohol %: 0.12% (100%), Protein: 5.21g (10.42%), Selenium: 11.85µg (16.94%), Vitamin B2: 0.19mg (10.92%), Vitamin B1: 0.16mg (10.83%), Folate: 40.68µg (10.17%), Manganese: 0.15mg (7.68%), Vitamin A: 370.61IU (7.41%), Phosphorus: 70.87mg (7.09%), Iron: 1.17mg (6.47%), Vitamin B3: 1.17mg (5.83%), Fiber: 1.09g (4.38%), Vitamin B5: 0.42mg (4.21%), Magnesium: 14.82mg (3.71%), Zinc: 0.52mg (3.46%), Vitamin B6: 0.07mg (3.46%), Calcium: 33.66mg (3.37%), Vitamin B12: 0.19µg (3.16%), Potassium: 104.61mg (2.99%), Vitamin E: 0.43mg (2.87%), Copper: 0.05mg (2.46%), Vitamin D: 0.32µg (2.1%)