



Cream Cheese-Coconut-Pecan Pound Cake

 Vegetarian

READY IN



20 min.

SERVINGS



12

CALORIES



699 kcal

DESSERT

Ingredients

- ☐ 0.3 cup bourbon
- ☐ 1.5 cups butter softened
- ☐ 0.5 cup coconut or shredded
- ☐ 8 oz cream cheese softened
- ☐ 6 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 cup pecans toasted chopped
- ☐ 0.5 teaspoon salt

- ☐ 3 cups sugar
- ☐ 1.5 teaspoons vanilla extract

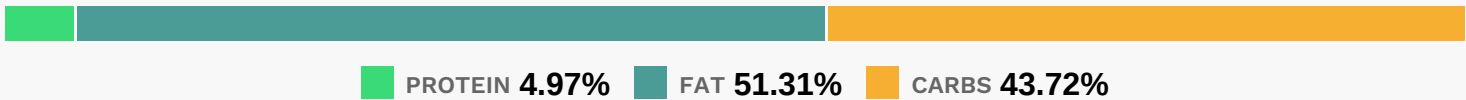
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Beat butter and cream cheese at medium speed with an electric mixer until creamy. Gradually add sugar, beating at medium speed until light and fluffy.
- ☐ Add eggs, 1 at a time, beating just until the yellow disappears.
- ☐ Sift together 3 cups flour and 1/2 tsp. salt; add to butter mixture alternately with bourbon, beginning and ending with flour mixture. Beat batter at low speed until blended after each addition. Stir in 1 1/2 tsp. vanilla, toasted pecans, and shredded coconut.
- ☐ Pour batter into a greased and floured 12-cup tube pan.
- ☐ Bake at 325 for 1 hour and 30 minutes to 1 hour and 35 minutes or until a long wooden pick inserted in center of cake comes out clean. Cool in pan on a wire rack 10 to 15 minutes.
- ☐ Remove from pan, and cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:21.42, Glycemic Load:52.51, Inflammation Score:-6, Nutrition Score:11.129565145658%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-

gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg

Nutrients (% of daily need)

Calories: 699.15kcal (34.96%), Fat: 40.01g (61.56%), Saturated Fat: 20.78g (129.91%), Carbohydrates: 76.72g (25.57%), Net Carbohydrates: 74.7g (27.17%), Sugar: 51.44g (57.15%), Cholesterol: 173.09mg (57.7%), Sodium: 376.08mg (16.35%), Alcohol: 1.84g (100%), Alcohol %: 1.36% (100%), Protein: 8.73g (17.45%), Manganese: 0.69mg (34.26%), Selenium: 21.16µg (30.23%), Vitamin A: 1103IU (22.06%), Vitamin B1: 0.32mg (21.57%), Vitamin B2: 0.34mg (20.26%), Folate: 74.35µg (18.59%), Phosphorus: 139.44mg (13.94%), Iron: 2.25mg (12.52%), Vitamin B3: 2.02mg (10.1%), Copper: 0.19mg (9.74%), Vitamin E: 1.24mg (8.25%), Fiber: 2.02g (8.06%), Vitamin B5: 0.75mg (7.48%), Zinc: 1.12mg (7.45%), Magnesium: 24.26mg (6.07%), Vitamin B12: 0.31µg (5.21%), Calcium: 51.27mg (5.13%), Vitamin B6: 0.09mg (4.44%), Potassium: 150.66mg (4.3%), Vitamin D: 0.5µg (3.33%), Vitamin K: 2.88µg (2.74%)