



Cream Cheese Pound Cake with Grilled Plums

 Vegetarian

READY IN



120 min.

SERVINGS



12

CALORIES



732 kcal

DESSERT

Ingredients

- 0.5 teaspoon almond extract
- 0.5 teaspoon double-acting baking powder
- 0.5 cup butter melted (1 stick)
- 1.5 cups butter softened (3 sticks)
- 8 ounce cream cheese softened
- 6 large eggs
- 3 cups flour all-purpose
- 12 servings mint leaves fresh for garnish

- 12 servings honey for serving
- 12 plums pitted ripe sliced
- 3 cups sugar

Equipment

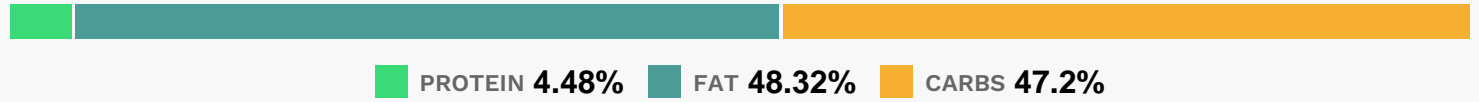
- bowl
- frying pan
- oven
- wire rack
- blender
- grill
- aluminum foil
- kugelhopf pan

Directions

- For the cake: Preheat the oven to 325 degrees F. Spray a 10-inch fluted tube pan or Bundt pan with nonstick baking spray with flour .
- In a large bowl, beat the butter and cream cheese at medium-high speed with a mixer until creamy.
- Add the sugar, beating until fluffy. Beat in the extract.
- In a medium bowl, combine the flour and baking powder.
- Add 1/3 of the flour mixture to the butter mixture, beating until just combined.
- Add 2 eggs, beating until just combined. Repeat the procedure twice with the remaining flour mixture and eggs. Spoon the batter into the prepared pan.
- Bake until a wooden pick inserted in the center comes out clean, 1 hour and 10 minutes. Cover the cake with aluminum foil to prevent excess browning during last 10 minutes of baking, if necessary.
- Let cool in the pan for 10 minutes.
- Remove from the pan, and cool completely on a wire rack.

- For the plums: Spray the grill rack with nonstick, nonflammable cooking spray. Preheat the grill to medium heat.
- Brush the plum slices evenly with the melted butter. Grill the plums until just softened, 2 minutes per side.
- Slice the cake and serve with grilled plums.
- Drizzle with honey and garnish with mint, if desired.

Nutrition Facts



Properties

Glycemic Index:37.92, Glycemic Load:58.05, Inflammation Score:-7, Nutrition Score:10.920869474826%

Flavonoids

Cyanidin: 3.72mg, Cyanidin: 3.72mg, Cyanidin: 3.72mg, Cyanidin: 3.72mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 732.32kcal (36.62%), Fat: 40.22g (61.88%), Saturated Fat: 24.11g (150.68%), Carbohydrates: 88.4g (29.47%), Net Carbohydrates: 86.54g (31.47%), Sugar: 63.13g (70.14%), Cholesterol: 193.43mg (64.48%), Sodium: 357.51mg (15.54%), Alcohol: 0.06g (100%), Alcohol %: 0.03% (100%), Protein: 8.38g (16.77%), Vitamin A: 1604.46IU (32.09%), Selenium: 20.63µg (29.47%), Vitamin B2: 0.36mg (21.01%), Folate: 76.35µg (19.09%), Vitamin B1: 0.28mg (18.72%), Manganese: 0.28mg (13.81%), Phosphorus: 127.78mg (12.78%), Iron: 2.15mg (11.95%), Vitamin B3: 2.2mg (10.99%), Vitamin E: 1.49mg (9.95%), Vitamin C: 6.62mg (8.03%), Vitamin B5: 0.77mg (7.67%), Fiber: 1.86g (7.45%), Vitamin K: 7.44µg (7.08%), Calcium: 63.22mg (6.32%), Potassium: 216.2mg (6.18%), Copper: 0.11mg (5.67%), Vitamin B12: 0.33µg (5.47%), Zinc: 0.77mg (5.12%), Vitamin B6: 0.09mg (4.51%), Magnesium: 17.96mg (4.49%), Vitamin D: 0.5µg (3.33%)