



Cream Cheese Pound Cake with Sassy Fruit Salsa

READY IN



145 min.

SERVINGS



16

CALORIES



182 kcal

DESSERT

Ingredients

- ☐ 1.3 cups kiwi fruit peeled (2 medium)
- ☐ 1 cup cranberry-orange relish peeled chopped (2 medium)
- ☐ 1 cup strawberries sliced
- ☐ 2 tablespoons juice of lime
- ☐ 4 teaspoons sugar
- ☐ 0.5 teaspoon ground ginger finely chopped
- ☐ 1 box cake mix yellow
- ☐ 1 cup milk

- ☐ 3 oz cream cheese softened
- ☐ 1 teaspoon vanilla
- ☐ 3 eggs
- ☐ 1 serving powdered sugar

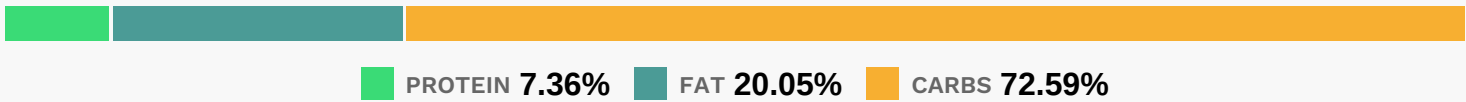
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ In large bowl, mix salsa ingredients. Cover and refrigerate about 1 hour or until chilled.
- ☐ Heat oven to 325°F. Generously grease and flour 10- or 12-cup fluted tube cake pan, or spray with baking spray with flour. In medium bowl, beat cake mix, milk, cream cheese, vanilla and eggs with electric mixer on low speed 1 minute, scraping bowl constantly. Beat 2 minutes longer.
- ☐ Pour into pan.
- ☐ Bake 38 to 44 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes; turn upside down onto cooling rack or heatproof serving plate and remove pan. Cool completely, about 1 hour.
- ☐ Place cake on serving plate; sprinkle with powdered sugar. Stir salsa; serve with cake. Store cake loosely covered. Store salsa covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:16.89, Glycemic Load:2.56, Inflammation Score:-3, Nutrition Score:6.360434739486%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 3.23mg, Hesperetin: 3.23mg, Hesperetin: 3.23mg, Hesperetin: 3.23mg Naringenin: 1.75mg, Naringenin: 1.75mg, Naringenin: 1.75mg, Naringenin: 1.75mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 182.38kcal (9.12%), Fat: 4.11g (6.33%), Saturated Fat: 2.15g (13.43%), Carbohydrates: 33.51g (11.17%), Net Carbohydrates: 32.21g (11.71%), Sugar: 19.32g (21.47%), Cholesterol: 37.89mg (12.63%), Sodium: 270.36mg (11.75%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Protein: 3.4g (6.8%), Vitamin C: 22.86mg (27.71%), Phosphorus: 146.73mg (14.67%), Calcium: 108.19mg (10.82%), Vitamin B2: 0.16mg (9.22%), Folate: 35.89µg (8.97%), Manganese: 0.14mg (6.95%), Vitamin B1: 0.1mg (6.94%), Vitamin K: 7.27µg (6.93%), Selenium: 4.42µg (6.31%), Fiber: 1.3g (5.19%), Iron: 0.92mg (5.12%), Vitamin E: 0.68mg (4.53%), Vitamin B3: 0.91mg (4.53%), Vitamin B5: 0.4mg (4%), Vitamin A: 180.82IU (3.62%), Vitamin B6: 0.07mg (3.62%), Potassium: 123.22mg (3.52%), Vitamin B12: 0.2µg (3.33%), Copper: 0.06mg (3.03%), Magnesium: 11.5mg (2.87%), Vitamin D: 0.33µg (2.22%), Zinc: 0.33mg (2.19%)