



Cream Cheese Tube Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



559 kcal

DESSERT

Ingredients

- ☐ 0.8 cup butter softened
- ☐ 8 ounce cream cheese softened
- ☐ 6 large eggs
- ☐ 2 teaspoons lemon rind grated
- ☐ 10 servings powdered sugar
- ☐ 2.3 cups self-rising flour sifted
- ☐ 10 servings strawberries
- ☐ 1.8 cups sugar

☐ 1 teaspoon vanilla extract

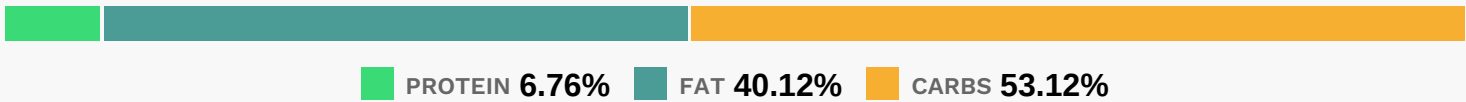
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Mix butter and cream cheese at medium speed with an electric beater until creamy; gradually add sugar, beating well.
- ☐ Add eggs, 1 at a time, beating just until combined.
- ☐ Add flour, beating just until moistened. Stir in lemon rind and vanilla.
- ☐ Pour batter into a greased and floured 10-inch tube pan.
- ☐ Bake at 350 for 45 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes; remove from pan, and cool completely on a wire rack. Lightly dust the top of cake with powdered sugar, and serve with strawberries.

Nutrition Facts



Properties

Glycemic Index:25.41, Glycemic Load:41.26, Inflammation Score:-7, Nutrition Score:15.066521955573%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg

Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 559.17kcal (27.96%), Fat: 25.47g (39.19%), Saturated Fat: 14.36g (89.76%), Carbohydrates: 75.89g (25.3%), Net Carbohydrates: 72.3g (26.29%), Sugar: 50.92g (56.58%), Cholesterol: 171.11mg (57.04%), Sodium: 225.86mg (9.82%), Alcohol: 0.14g (100%), Alcohol %: 0.06% (100%), Protein: 9.66g (19.32%), Vitamin C: 85.19mg (103.26%), Manganese: 0.79mg (39.61%), Selenium: 23.33µg (33.33%), Vitamin A: 910.08IU (18.2%), Folate: 60.55µg (15.14%), Phosphorus: 149.67mg (14.97%), Vitamin B2: 0.25mg (14.85%), Fiber: 3.6g (14.39%), Vitamin E: 1.44mg (9.57%), Potassium: 325.96mg (9.31%), Vitamin B5: 0.91mg (9.13%), Magnesium: 31.84mg (7.96%), Iron: 1.42mg (7.9%), Copper: 0.15mg (7.48%), Vitamin B6: 0.14mg (7.15%), Calcium: 71.15mg (7.12%), Zinc: 0.96mg (6.41%), Vitamin B12: 0.35µg (5.76%), Vitamin B1: 0.08mg (5.03%), Vitamin K: 5.01µg (4.77%), Vitamin B3: 0.89mg (4.45%), Vitamin D: 0.6µg (4%)