



Cream-Filled Grilled Pound Cake

 Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



2152 kcal

Ingredients

- 4 servings strawberries and blueberries fresh
- 4 tablespoons pineapple cream cheese
- 4 inch round cake
- 4 servings whipped cream sweetened

Equipment

- grill

Directions

- Spread pineapple cream cheese evenly over 1 side of 4 pound cake slices. Top with remaining 4 pound cake slices.
- Grill, covered with grill lid, over medium-high heat (350 to 40
- to 3 minutes on each side. Top with whipped cream and berries.
- Serve immediately.

Nutrition Facts

PROTEIN 7.3%

FAT 10.59%

CARBS 82.11%

Properties

Glycemic Index:30.5, Glycemic Load:7.79, Inflammation Score:-9, Nutrition Score:48.022608508234%

Flavonoids

Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 2151.53kcal (107.58%), Fat: 25.44g (39.14%), Saturated Fat: 9.33g (58.34%), Carbohydrates: 443.91g (147.97%), Net Carbohydrates: 436.91g (158.88%), Sugar: 269g (298.88%), Cholesterol: 723.01mg (241%), Sodium: 4346.19mg (188.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.44g (78.88%), Vitamin B1: 1.74mg (115.8%), Vitamin B2: 1.95mg (114.94%), Iron: 19.2mg (106.67%), Phosphorus: 983.91mg (98.39%), Manganese: 1.95mg (97.4%), Selenium: 64.27µg (91.81%), Folate: 334.67µg (83.67%), Vitamin B3: 13.95mg (69.77%), Calcium: 512.01mg (51.2%), Vitamin B5: 3.58mg (35.83%), Vitamin K: 30.36µg (28.92%), Vitamin B12: 1.71µg (28.42%), Fiber: 7g (28.01%), Vitamin A: 1378.35IU (27.57%), Copper: 0.52mg (25.77%), Zinc: 3.85mg (25.67%), Potassium: 825.02mg (23.57%), Vitamin B6: 0.45mg (22.32%), Magnesium: 86.75mg (21.69%), Vitamin E: 2.66mg (17.75%), Vitamin C: 14.36mg (17.4%), Vitamin D: 1.4µg (9.36%)