



## Eggless Pound Cake



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



3

CALORIES



620 kcal

DESSERT

### Ingredients

- ☐ 0.8 Teaspoon double-acting baking powder
- ☐ 0.8 cup butter at room temperature (1 And)
- ☐ 3 Tablespoons milk
- ☐ 0.3 Teaspoon salt
- ☐ 0.3 cup silken tofu pureed for each egg replaced
- ☐ 0.8 cup sugar

### Equipment

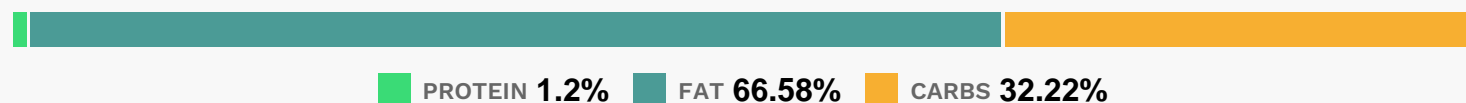
- ☐ bowl

- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks
- ☐ wooden spoon

## Directions

- ☐ Preheat the oven to 350F/180C for 15 minutes. Grease and flour and 9×5 inch loaf pan. Sift together flour, baking powder and salt in a bowl. Set aside. Cream together the butter and sugar using a hand mixer about 1 minute on medium speed.
- ☐ Add the milk (I used 2%) and vanilla and beat well.
- ☐ Add the tofu in 3 portions and mix well. Don't beat it, just mix it with a wooden spoon. In spite of not beating the tofu, once added to the creamed butter mixture it had a curdled texture. Don't worry. Slowly add the flour, about 1/2 cup at a time, mixing well with the mixer on low speed until just blended. Once the flour is added to the tofu mixture you don't see any curdled tofu. The batter looks very normal and smooth.
- ☐ Spread the batter in the prepared loaf pan. The batter has a semi solid consistency, so it takes some time to spread it evenly.
- ☐ Bake for 60 minutes. When I did the toothpick test to check the doneness, mine came out clean exactly at 55 minutes. But once I cut it after cooling I found out that the center portion of the pound cake had not cooked completely.
- ☐ Let the cake rest at least for 10 minutes before inverting it onto a cooling rack.
- ☐ Transfer it to a cooling rack and it has to cool completely before you can slice it. I left mine on a cooling rack for more than 3 hours.

## Nutrition Facts



## Properties

Glycemic Index:83.36, Glycemic Load:35.44, Inflammation Score:-6, Nutrition Score:3.5413043680398%

Nutrients (% of daily need)

Calories: 619.77kcal (30.99%), Fat: 47.2g (72.61%), Saturated Fat: 29.52g (184.49%), Carbohydrates: 51.38g (17.13%), Net Carbohydrates: 51.36g (18.68%), Sugar: 50.91g (56.57%), Cholesterol: 123.81mg (41.27%), Sodium: 671.88mg (29.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.84%), Vitamin A: 1442.48IU (28.85%), Calcium: 97.56mg (9.76%), Vitamin E: 1.32mg (8.83%), Phosphorus: 62.9mg (6.29%), Vitamin K: 4.02µg (3.83%), Vitamin B2: 0.06mg (3.38%), Vitamin B12: 0.18µg (2.96%), Copper: 0.04mg (2.24%), Magnesium: 8.93mg (2.23%), Potassium: 72.85mg (2.08%), Vitamin B1: 0.03mg (2.06%), Iron: 0.31mg (1.72%), Selenium: 1.15µg (1.65%), Zinc: 0.22mg (1.47%), Vitamin B5: 0.12mg (1.18%), Vitamin D: 0.17µg (1.1%)