



Eggnog Pound Cake



Gluten Free



Dairy Free



Low Fod Map

READY IN



145 min.

SERVINGS



12

CALORIES



146 kcal

Ingredients

- ☐ 1.3 cups eggnog
- ☐ 2 large eggs
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 16 oz round cake
- ☐ 0.5 teaspoon vanilla extract

Equipment

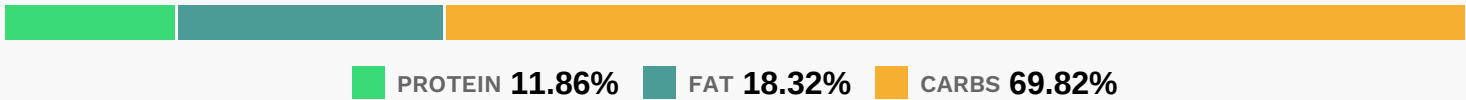
- ☐ frying pan
- ☐ oven
- ☐ wire rack

- ☐ loaf pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 35
- ☐ Beat all ingredients together at low speed with an electric mixer until blended. Increase speed to medium, and beat 2 minutes.
- ☐ Pour into a lightly greased 9- x 5-inch loaf pan.
- ☐ Bake at 350 for 1 hour to 1 hour and 5 minutes or until a long wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes.
- ☐ Remove from pan to wire rack, and cool completely (about 1 hour).

Nutrition Facts



Properties

Glycemic Index:10.42, Glycemic Load:1.19, Inflammation Score:-1, Nutrition Score:4.1760869006748%

Nutrients (% of daily need)

Calories: 145.74kcal (7.29%), Fat: 2.95g (4.54%), Saturated Fat: 1.27g (7.94%), Carbohydrates: 25.31g (8.44%), Net Carbohydrates: 25.1g (9.13%), Sugar: 16.08g (17.86%), Cholesterol: 85.17mg (28.39%), Sodium: 261.64mg (11.38%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Protein: 4.3g (8.6%), Vitamin B2: 0.19mg (11.19%), Selenium: 7.11µg (10.16%), Phosphorus: 97.31mg (9.73%), Vitamin B1: 0.1mg (6.97%), Iron: 1.23mg (6.83%), Calcium: 65.69mg (6.57%), Folate: 22.01µg (5.5%), Vitamin B12: 0.28µg (4.73%), Manganese: 0.09mg (4.29%), Vitamin B5: 0.42mg (4.19%), Vitamin B3: 0.77mg (3.83%), Vitamin D: 0.56µg (3.73%), Vitamin A: 157.8IU (3.16%), Zinc: 0.42mg (2.83%), Potassium: 93.12mg (2.66%), Magnesium: 10.36mg (2.59%), Vitamin B6: 0.05mg (2.36%), Copper: 0.03mg (1.69%), Vitamin E: 0.23mg (1.56%)