

# Elvis Presley's Favorite Pound Cake



Vegetarian



Gluten Free



Popular

READY IN



300 min.

SERVINGS



12

CALORIES



439 kcal

DESSERT

## Ingredients



7 large eggs at room temperature



1 cup heavy cream



0.8 teaspoon salt



3 cups sugar



1 cup butter unsalted softened for buttering pan



2 teaspoons vanilla

## Equipment



bowl

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ hand mixer
- ☐ stand mixer
- ☐ skewers

## Directions

- ☐ Put oven rack in middle position, but do not preheat oven.
- ☐ Generously butter pan and dust with flour, knocking out excess flour.
- ☐ Sift together sifted flour (3 cups) and salt into a bowl. Repeat sifting into another bowl (flour will have been sifted 3 times total).
- ☐ Beat together butter (2 sticks) and sugar in a large bowl with an electric mixer at medium-high speed until pale and fluffy, about 5 minutes in a stand mixer fitted with paddle attachment or 6 to 8 minutes with a handheld mixer.
- ☐ Add eggs 1 at a time, beating well after each addition, then beat in vanilla. Reduce speed to low and add half of flour, then all of cream, then remaining flour, mixing well after each addition. Scrape down side of bowl, then beat at medium-high speed 5 minutes. Batter will become creamier and satiny.
- ☐ Spoon batter into pan and rap pan against work surface once or twice to eliminate air bubbles.
- ☐ Place pan in (cold) oven and turn oven temperature to 350°F.
- ☐ Bake until golden and a wooden pick or skewer inserted in middle of cake comes out with a few crumbs adhering, 1 to 1 1/4 hours. Cool cake in pan on a rack 30 minutes. Run a thin knife around inner and outer edges of cake, then invert rack over pan and invert cake onto rack to cool completely.
- ☐ Cake keeps, covered well with plastic wrap or in an airtight container, at room temperature 5 days.

## Nutrition Facts



 PROTEIN **3.92%**  FAT **50.96%**  CARBS **45.12%**

Properties

Glycemic Index:5.84, Glycemic Load:34.91, Inflammation Score:-4, Nutrition Score:4.3843478586363%

Nutrients (% of daily need)

Calories: 439.19kcal (21.96%), Fat: 25.44g (39.13%), Saturated Fat: 15.19g (94.95%), Carbohydrates: 50.67g (16.89%), Net Carbohydrates: 50.67g (18.43%), Sugar: 50.68g (56.31%), Cholesterol: 171.58mg (57.19%), Sodium: 194.76mg (8.47%), Alcohol: 0.23g (100%), Alcohol %: 0.24% (100%), Protein: 4.4g (8.8%), Vitamin A: 921.78IU (18.44%), Selenium: 10.04µg (14.34%), Vitamin B2: 0.19mg (11.01%), Vitamin D: 1.18µg (7.9%), Phosphorus: 73.83mg (7.38%), Vitamin E: 0.93mg (6.18%), Vitamin B12: 0.32µg (5.39%), Vitamin B5: 0.52mg (5.19%), Folate: 15.07µg (3.77%), Calcium: 34.63mg (3.46%), Iron: 0.56mg (3.12%), Zinc: 0.45mg (2.98%), Vitamin B6: 0.06mg (2.86%), Vitamin K: 2.05µg (1.95%), Potassium: 65.65mg (1.88%), Copper: 0.03mg (1.52%), Magnesium: 5.35mg (1.34%), Vitamin B1: 0.02mg (1.11%)