



Festive Pound Cake with Fruit Compote

READY IN



215 min.

SERVINGS



16

CALORIES



339 kcal

DESSERT

Ingredients

- 0.8 cup apricot dried
- 0.5 teaspoon double-acting baking powder
- 1 tablespoon brandy
- 1.5 cups butter softened
- 3.5 oz cherries dried sweetened ()
- 6 eggs
- 3 cups flour all-purpose
- 0.5 cup milk
- 1 cup cranberry-orange relish peeled chopped

- 0.8 cup orange juice
- 2 tablespoons orange zest grated
- 0.5 teaspoon salt
- 0.5 cup sugar
- 1 teaspoon vanilla

Equipment

- bowl
- frying pan
- sauce pan
- oven
- toothpicks

Directions

- Heat oven to 350°F. Generously grease 10-inch angel food (tube cake) pan with shortening; lightly flour. In large bowl, beat 2 1/2 cups sugar and the butter until light and fluffy.
- Add vanilla; mix well. Beat in 1 egg at a time until well blended.
- In small bowl, mix flour, baking powder and salt.
- Add flour mixture alternately with orange peel and milk, beating well after each addition.
- Pour batter into pan.
- Bake 55 to 65 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes. Invert cake onto serving plate. Cool completely, about 1 1/2 hours.
- In medium saucepan, mix apricots, cherries, 1/2 cup sugar and the orange juice.
- Heat to boiling; simmer 10 to 15 minutes or until most of liquid is absorbed. Stir in brandy and chopped orange.
- Serve warm compote with cake and ice cream.

Nutrition Facts



PROTEIN 6.8% **FAT 50.97%** **CARBS 42.23%**

Properties

Glycemic Index:26.12, Glycemic Load:19.66, Inflammation Score:-7, Nutrition Score:8.2882608887942%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 4.45mg, Hesperetin: 4.45mg, Hesperetin: 4.45mg, Hesperetin: 4.45mg Naringenin: 1.97mg, Naringenin: 1.97mg, Naringenin: 1.97mg, Naringenin: 1.97mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 339.16kcal (16.96%), Fat: 19.26g (29.64%), Saturated Fat: 4.25g (26.59%), Carbohydrates: 35.9g (11.97%), Net Carbohydrates: 33.87g (12.32%), Sugar: 15.25g (16.95%), Cholesterol: 62.29mg (20.76%), Sodium: 315.23mg (13.71%), Alcohol: 0.4g (100%), Alcohol %: 0.45% (100%), Protein: 5.78g (11.57%), Vitamin A: 1354.17IU (27.08%), Selenium: 13.4µg (19.15%), Vitamin C: 12.92mg (15.66%), Folate: 58.56µg (14.64%), Vitamin B1: 0.22mg (14.61%), Vitamin B2: 0.22mg (13.19%), Iron: 1.7mg (9.43%), Manganese: 0.18mg (9.24%), Vitamin B3: 1.65mg (8.27%), Phosphorus: 81.4mg (8.14%), Fiber: 2.03g (8.14%), Vitamin E: 1.14mg (7.61%), Potassium: 184.67mg (5.28%), Calcium: 51.92mg (5.19%), Vitamin B5: 0.49mg (4.87%), Copper: 0.08mg (3.92%), Vitamin B12: 0.21µg (3.49%), Magnesium: 13.27mg (3.32%), Vitamin B6: 0.07mg (3.32%), Zinc: 0.45mg (2.99%), Vitamin D: 0.41µg (2.76%)