



Gentleman's Pound Cake

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



897 kcal

DESSERT

Ingredients

- ☐ 1 cup bourbon divided
- ☐ 2 cups butter softened
- ☐ 8 large eggs separated
- ☐ 3 cups flour all-purpose
- ☐ 0.8 cup pecans toasted chopped
- ☐ 10 servings powdered sugar
- ☐ 3 cups sugar divided
- ☐ 2.5 teaspoons vanilla extract

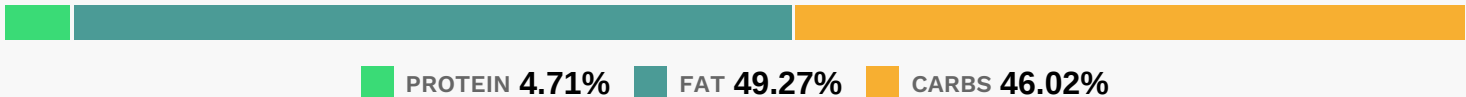
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ cheesecloth

Directions

- ☐ Beat butter and 2 cups sugar at medium speed with an electric mixer 5 to 7 minutes.
- ☐ Add egg yolks, 1 at a time, beating just until yellow disappears.
- ☐ Stir together 1/2 cup bourbon and vanilla.
- ☐ Add flour to butter mixture alternately with bourbon mixture, beginning and ending with flour. Beat at low speed just until blended after each addition.
- ☐ Beat egg whites at high speed with an electric mixer until foamy.
- ☐ Add remaining 1 cup sugar, 1 tablespoon at a time, beating until stiff peaks form and sugar dissolves (2 to 4 minutes). Fold into cake batter.
- ☐ Sprinkle half of pecans into bottom of a greased and floured 10-inch tube pan. Fold remaining pecans into cake batter, and pour into pan.
- ☐ Bake at 350 for 1 hour and 25 minutes or until a long wooden pick inserted in center comes out clean. Cool cake in pan on a wire rack 10 to 15 minutes; remove cake from pan, and cool on wire rack.
- ☐ Moisten several layers of cheesecloth with remaining 1/2 cup bourbon; cover cake completely with cheesecloth.
- ☐ Place in an airtight container, and store in a cool place 1 week, remoistening cheesecloth as needed.
- ☐ Sprinkle with powdered sugar just before serving.

Nutrition Facts



Properties

Glycemic Index:17.01, Glycemic Load:62.62, Inflammation Score:-8, Nutrition Score:12.999999936508%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg

Nutrients (% of daily need)

Calories: 897.06kcal (44.85%), Fat: 46.8g (72%), Saturated Fat: 9.4g (58.73%), Carbohydrates: 98.32g (32.77%), Net Carbohydrates: 96.52g (35.1%), Sugar: 68.4g (76%), Cholesterol: 148.8mg (49.6%), Sodium: 486.76mg (21.16%), Alcohol: 8.36g (100%), Alcohol %: 4.73% (100%), Protein: 10.07g (20.15%), Vitamin A: 1844.54IU (36.89%), Selenium: 25.71µg (36.73%), Manganese: 0.64mg (32.21%), Vitamin B1: 0.37mg (24.69%), Vitamin B2: 0.41mg (24.14%), Folate: 89.68µg (22.42%), Phosphorus: 153.81mg (15.38%), Iron: 2.69mg (14.96%), Vitamin E: 1.96mg (13.1%), Vitamin B3: 2.36mg (11.79%), Copper: 0.19mg (9.57%), Vitamin B5: 0.89mg (8.86%), Zinc: 1.17mg (7.78%), Fiber: 1.8g (7.19%), Vitamin B12: 0.4µg (6.69%), Magnesium: 24.42mg (6.11%), Vitamin D: 0.8µg (5.33%), Vitamin B6: 0.11mg (5.31%), Calcium: 48.16mg (4.82%), Potassium: 151.23mg (4.32%)