



Glazed Lemon Pound Cake

 Vegetarian

READY IN



175 min.

SERVINGS



16

CALORIES



338 kcal

DESSERT

Ingredients

- 2 cups sugar
- 1 cup butter softened
- 4 eggs
- 1 tablespoon lemon zest grated
- 3 cups flour all-purpose
- 1 teaspoon double-acting baking powder
- 1 teaspoon salt
- 0.5 teaspoon baking soda

- 1 cup milk
- 0.3 cup sugar
- 0.3 cup juice of lemon
- 2 tablespoons butter

Equipment

- bowl
- frying pan
- sauce pan
- oven
- hand mixer
- toothpicks
- cake form
- skewers

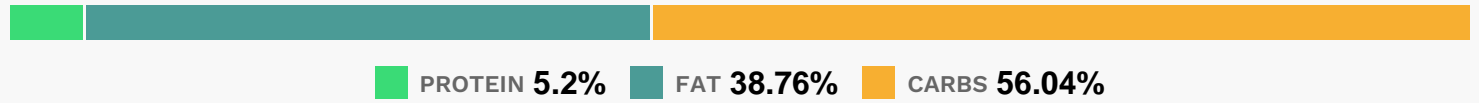
Directions

- Heat oven to 350°F. Generously spray 12-cup fluted tube cake pan with cooking spray. In large bowl, beat 2 cups sugar and 1 cup butter with electric mixer on medium speed until light and fluffy, scraping bowl occasionally.
- Add 1 egg at a time, beating well after each addition. Stir in lemon peel.
- On low speed, beat in flour, baking powder, salt, baking soda and milk until smooth, scraping bowl occasionally.
- Pour batter into pan.
- Bake 50 to 60 minutes or until toothpick inserted near center comes out clean. Cool in pan 15 minutes.
- Place heatproof serving plate upside down over pan; turn plate and pan over.
- Remove pan.
- Meanwhile, in 1-quart nonaluminum saucepan, heat glaze ingredients over medium heat, stirring occasionally, until butter is melted.
- With long-tined fork or skewer, generously prick top and sides of cake.

Brush warm glaze over cake, allowing glaze to soak into cake. Cool completely, about 1 hour 30 minutes, before serving.

Garnish with powdered sugar and edible flowers, if desired.

Nutrition Facts



Properties

Glycemic Index:27.82, Glycemic Load:33.64, Inflammation Score:-4, Nutrition Score:5.6239130185998%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 337.9kcal (16.9%), Fat: 14.79g (22.76%), Saturated Fat: 8.86g (55.36%), Carbohydrates: 48.13g (16.04%), Net Carbohydrates: 47.44g (17.25%), Sugar: 30.07g (33.41%), Cholesterol: 77.02mg (25.67%), Sodium: 330.76mg (14.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.92%), Selenium: 11.95µg (17.08%), Vitamin B1: 0.2mg (13.26%), Folate: 49.35µg (12.34%), Vitamin B2: 0.2mg (11.7%), Vitamin A: 482.8IU (9.66%), Manganese: 0.17mg (8.28%), Iron: 1.33mg (7.4%), Phosphorus: 72.15mg (7.21%), Vitamin B3: 1.42mg (7.1%), Calcium: 48.06mg (4.81%), Vitamin B5: 0.35mg (3.52%), Vitamin B12: 0.21µg (3.46%), Vitamin E: 0.51mg (3.42%), Fiber: 0.68g (2.74%), Zinc: 0.39mg (2.59%), Vitamin D: 0.39µg (2.59%), Vitamin C: 1.96mg (2.37%), Magnesium: 8.98mg (2.25%), Copper: 0.05mg (2.25%), Potassium: 72.15mg (2.06%), Vitamin B6: 0.04mg (2.06%), Vitamin K: 1.26µg (1.2%)