

Golden Pound Cake

READY IN



165 min.

SERVINGS



12

CALORIES



634 kcal

DESSERT

Ingredients

- ☐ 1.5 cups plus 2 tablespoons butter unsalted room temperature
- ☐ 0.5 cup buttermilk
- ☐ 3 cups cake flour
- ☐ 2 tablespoons confectioners' sugar
- ☐ 2 cups cranberries fresh ()
- ☐ 6 eggs room temperature
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup heavy cream
- ☐ 1 lemon zest juiced

- ☐ 1 teaspoon lemon zest grated
- ☐ 1 teaspoon orange zest grated
- ☐ 2 orange zest juiced
- ☐ 0.5 cup sugar
- ☐ 3 cups sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 0.3 cup water

Equipment

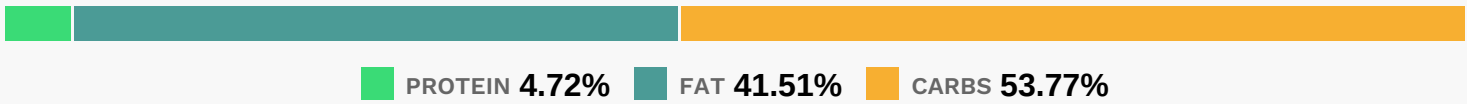
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ stand mixer
- ☐ spatula
- ☐ skewers

Directions

- ☐ Watch how to make this recipe.
- ☐ In a stand mixer, fitted with the batter blade, cream the butter and the sugar for 8 minutes on medium speed, scraping down the sides often with a rubber spatula. Lower the speed to medium- low and add the eggs, 1 at a time, combining well after each addition.
- ☐ Add the vanilla and the orange and lemon zest.
- ☐ Add half of the flour, with the mixer off, then turn the mixer on low speed to combine.

- ☐ Add the buttermilk and cream and when well combined add the remaining flour. Continue to mix for an additional 3 minutes on medium-low speed.
- ☐ Butter and flour a tube pan.
- ☐ Pour the batter into the pan, tapping the pan on the counter a few times to eliminate air bubbles and put in a cold oven. Set the oven to 325 degrees F and after 45 minutes, carefully rotate the cake and continue to bake another 30 to 40 minutes. Check by inserting a wooden skewer into the center and when it comes out dry, remove the pan from the oven. The cake will fall a bit, but let it rest for 30 minutes. Run a sharp, thin knife around the edges of the pan and let rest for 10 minutes more.
- ☐ Invert the cake onto a parchment lined cooling rack.
- ☐ Cook's Note: Put a piece of parchment paper on top of the cake and pan, then flip gently over and allow to cool to room temperature.
- ☐ Dust with the confectioners' sugar, then slice and serve with Cranberry Citrus Glaze.
- ☐ In a small saucepan, over medium heat, add the cranberries and water. Cook until the cranberries start to pop, about 3 minutes, then add the remaining ingredients and reduce the heat to low. Simmer until thickened, about 15 minutes. Puree with stick blender and strain into a serving bowl.
- ☐ Serve or refrigerate until ready to use.
- ☐ Cook's Note: This glaze can be made ahead.

Nutrition Facts



Properties

Glycemic Index:34.02, Glycemic Load:56.89, Inflammation Score:-5, Nutrition Score:7.4752174149389%

Flavonoids

Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 633.96kcal (31.7%), Fat: 29.76g (45.79%), Saturated Fat: 17.82g (111.4%), Carbohydrates: 86.73g (28.91%), Net Carbohydrates: 85.04g (30.93%), Sugar: 61.32g (68.13%), Cholesterol: 155.15mg (51.72%), Sodium: 228.87mg (9.95%), Alcohol: 0.23g (100%), Alcohol %: 0.16% (100%), Protein: 7.61g (15.22%), Selenium: 20.94µg (29.91%), Vitamin A: 1010.22IU (20.2%), Manganese: 0.33mg (16.33%), Vitamin B2: 0.19mg (11.1%), Phosphorus: 98.69mg (9.87%), Vitamin E: 1.34mg (8.94%), Vitamin C: 6.2mg (7.51%), Fiber: 1.68g (6.74%), Folate: 25.59µg (6.4%), Vitamin B5: 0.64mg (6.36%), Vitamin B12: 0.31µg (5.1%), Vitamin D: 0.73µg (4.86%), Calcium: 48.58mg (4.86%), Copper: 0.1mg (4.77%), Iron: 0.83mg (4.64%), Zinc: 0.67mg (4.5%), Vitamin B1: 0.06mg (3.79%), Magnesium: 14.7mg (3.67%), Vitamin B6: 0.07mg (3.6%), Potassium: 113.85mg (3.25%), Vitamin K: 3.33µg (3.17%), Vitamin B3: 0.47mg (2.36%)