

Golden Pound Cake

READY IN



155 min.

SERVINGS



16

CALORIES



387 kcal

DESSERT

Ingredients

- ☐ 3 cups flour all-purpose
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon salt
- ☐ 2.8 cups sugar
- ☐ 1.3 cups butter softened
- ☐ 1 teaspoon almond extract
- ☐ 5 eggs
- ☐ 1 cup evaporated milk

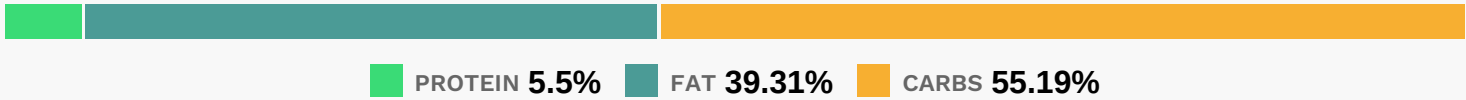
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Heat oven to 350°F. Grease and flour 12-cup fluted tube cake pan or 10-inch angel food (tube) cake.
- ☐ Mix flour, baking powder and salt; set aside.
- ☐ Beat sugar, butter, almond extract and eggs in large bowl with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on high speed 5 minutes, scraping bowl occasionally. Beat in flour mixture alternately with milk on low speed.
- ☐ Pour into pan.
- ☐ Bake 1 hour 10 minutes to 1 hour 20 minutes or until toothpick inserted in center comes out clean. Cool 20 minutes; remove from pan to wire rack. Cool completely, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:14.82, Glycemic Load:37, Inflammation Score:-5, Nutrition Score:6.2460869958867%

Nutrients (% of daily need)

Calories: 386.94kcal (19.35%), Fat: 17.11g (26.33%), Saturated Fat: 4.15g (25.95%), Carbohydrates: 54.06g (18.02%), Net Carbohydrates: 53.43g (19.43%), Sugar: 36.03g (40.04%), Cholesterol: 55.72mg (18.57%), Sodium: 267.13mg (11.61%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Protein: 5.39g (10.77%), Selenium: 12.74µg (18.19%), Vitamin A: 746.25IU (14.93%), Vitamin B2: 0.24mg (14.22%), Vitamin B1: 0.2mg (13.25%), Folate: 50.79µg (12.7%),

Phosphorus: 94.08mg (9.41%), Manganese: 0.17mg (8.34%), Iron: 1.4mg (7.8%), Calcium: 72.73mg (7.27%), Vitamin B3: 1.43mg (7.15%), Vitamin E: 0.73mg (4.89%), Vitamin B5: 0.43mg (4.29%), Zinc: 0.47mg (3.11%), Potassium: 100.34mg (2.87%), Magnesium: 11.22mg (2.8%), Vitamin B12: 0.17µg (2.76%), Fiber: 0.63g (2.53%), Copper: 0.05mg (2.44%), Vitamin B6: 0.04mg (2.16%), Vitamin D: 0.29µg (1.94%)