



Grandmother's Pound Cake II



Vegetarian



Popular

READY IN



100 min.

SERVINGS



3

CALORIES



2620 kcal

DESSERT

Ingredients

- 2 cups butter
- 6 eggs
- 4 cups flour all-purpose
- 0.7 cup milk
- 3 cups sugar white

Equipment

- bowl
- baking paper

- oven
- knife
- loaf pan
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease 3 – 8x4 inch loaf pans, then line with parchment paper.
- In a large bowl, cream together the butter and sugar until light and fluffy. Beat in the eggs one at a time. Beat in the flour alternately with the milk, mixing just until incorporated.
- Pour batter evenly into prepared loaf pans.
- Bake in the preheated oven for 70 minutes, or until a toothpick inserted into the center of the cakes comes out clean. After removing them from the oven, immediately loosen cake edges with a knife. Allow to cool in pans for 10 minutes, then remove from the pans. Strip off the parchment paper and cool completely on wire racks.

Nutrition Facts



PROTEIN 4.72% **FAT 45.71%** **CARBS 49.57%**

Properties

Glycemic Index:77.7, Glycemic Load:232.64, Inflammation Score:-10, Nutrition Score:37.682173977727%

Nutrients (% of daily need)

Calories: 2620.1kcal (131%), Fat: 135.11g (207.86%), Saturated Fat: 81.81g (511.29%), Carbohydrates: 329.64g (109.88%), Net Carbohydrates: 325.14g (118.23%), Sugar: 203.07g (225.64%), Cholesterol: 659.23mg (219.74%), Sodium: 1123.97mg (48.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.37g (62.74%), Selenium: 87.26µg (124.66%), Vitamin B1: 1.38mg (92.1%), Folate: 350.9µg (87.72%), Vitamin A: 4344.86IU (86.9%), Vitamin B2: 1.39mg (81.75%), Manganese: 1.17mg (58.57%), Iron: 9.4mg (52.24%), Vitamin B3: 10.03mg (50.13%), Phosphorus: 445.32mg (44.53%), Vitamin E: 4.56mg (30.41%), Vitamin B5: 2.45mg (24.48%), Vitamin B12: 1.33µg (22.22%), Fiber: 4.5g (18%), Calcium: 179.29mg (17.93%), Zinc: 2.68mg (17.87%), Copper: 0.32mg (15.9%), Vitamin D: 2.36µg (15.71%), Magnesium: 56.76mg (14.19%), Vitamin B6: 0.26mg (13.03%), Potassium: 421.43mg (12.04%), Vitamin K: 11.52µg (10.97%)