



## Grapefruit Pound Cake

READY IN



120 min.

SERVINGS



16

CALORIES



263 kcal

### Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 6 tablespoons butter softened
- ☐ 0.3 cup canola oil
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1.7 cups granulated sugar
- ☐ 0.5 cup grapefruit juice fresh
- ☐ 2 tablespoons grapefruit rind grated
- ☐ 0.5 cup milk 2% reduced-fat
- ☐ 1.3 cups powdered sugar

- ☐ 0.6 teaspoon salt divided
- ☐ 0.5 teaspoon vanilla extract

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 32
- ☐ Coat a 10-inch tube pan with baking spray. Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, and 1/2 teaspoon salt, stirring well.
- ☐ Place granulated sugar, butter, and cream cheese in a large bowl; beat with a mixer at high speed until light and fluffy.
- ☐ Add eggs, 1 at a time. Beat in oil, rind, and vanilla.
- ☐ Add flour mixture and milk alternately to batter, beginning and ending with flour. Spoon batter into pan; bake at 325 for 1 hour and 10 minutes or until a wooden pick inserted in center comes out with moist crumbs clinging. Cool in pan on a wire rack 10 minutes. Invert cake. Cool on rack.
- ☐ Place juice in a saucepan over medium-high heat; bring to a boil. Cook until reduced to 3 tablespoons (about 4 minutes). Cool slightly. Stir in powdered sugar and remaining 1/8 teaspoon salt.
- ☐ Drizzle over cake.

## Nutrition Facts



 PROTEIN **4.56%**  FAT **30.61%**  CARBS **64.83%**

Properties

Glycemic Index:20.94, Glycemic Load:23.62, Inflammation Score:-2, Nutrition Score:3.8617391378983%

Nutrients (% of daily need)

Calories: 263.34kcal (13.17%), Fat: 9.1g (13.99%), Saturated Fat: 3.41g (21.32%), Carbohydrates: 43.34g (14.45%), Net Carbohydrates: 42.91g (15.6%), Sugar: 31.23g (34.7%), Cholesterol: 36.44mg (12.15%), Sodium: 165.54mg (7.2%), Alcohol: 0.04g (100%), Alcohol %: 0.07% (100%), Protein: 3.05g (6.1%), Selenium: 7.91µg (11.3%), Vitamin B1: 0.13mg (8.61%), Folate: 32.33µg (8.08%), Vitamin B2: 0.13mg (7.63%), Manganese: 0.11mg (5.56%), Vitamin E: 0.82mg (5.46%), Iron: 0.95mg (5.26%), Vitamin B3: 1.04mg (5.18%), Phosphorus: 46.51mg (4.65%), Vitamin A: 172.99IU (3.46%), Calcium: 31.94mg (3.19%), Vitamin K: 2.98µg (2.83%), Vitamin C: 2mg (2.42%), Vitamin B12: 0.14µg (2.39%), Vitamin B5: 0.21mg (2.13%), Zinc: 0.32mg (2.12%), Fiber: 0.43g (1.72%), Potassium: 54.72mg (1.56%), Magnesium: 6.24mg (1.56%), Copper: 0.03mg (1.54%), Vitamin B6: 0.03mg (1.32%)