



Grilled Lemon Pound Cake with Peaches and Cream

READY IN



45 min.

SERVINGS



10

CALORIES



492 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 2 cups cake flour
- 6 eggs at room temperature
- 0.3 cup juice of lemon fresh
- 0.3 cup lemon zest finely grated
- 10 servings accompaniment: lightly whipped cream sweetened
- 4 peaches sliced into 1/2-inch wedges
- 0.5 teaspoon salt

- 2 cups sugar
- 2 butter unsalted at room temperature
- 1 teaspoon vanilla extract pure
- 10 servings vegetable oil for brushing
- 0.3 cup milk whole

Equipment

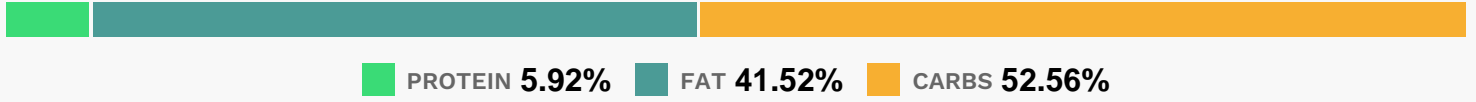
- bowl
- frying pan
- oven
- whisk
- loaf pan
- hand mixer
- toothpicks
- grill
- serrated knife

Directions

- Preheat the oven to 32
- Spray a 9 1/2-by-5-inch loaf pan with nonstick cooking spray. In a medium bowl, whisk the cake flour with the lemon zest, baking powder and salt.
- In a standing electric mixer fitted with the paddle, beat the butter with the sugar at medium speed until pale and fluffy, about 2 minutes. Scrape down the side of the bowl.
- Add the eggs one at a time, beating well between additions. At low speed, beat in the flour mixture just until incorporated. Beat in the milk, lemon juice and vanilla, scraping down the side of the bowl as necessary.
- Scrape the batter into the prepared pan and bake for about 1 hour and 30 minutes, until the cake is golden and a toothpick inserted in the center comes out clean.
- Transfer the pan to a rack and let the cake cool for 20 minutes. Unmold the cake and let cool completely, about 3 hours.

- Light a grill. Using a serrated knife, cut the pound cake into 10 slices. Lightly oil the grate and grill the slices over moderate heat, turning once, until toasted, about 2 minutes.
- Transfer to plates. Lightly oil the grate again. Grill the peaches over moderately high heat until lightly browned and tender, about 2 minutes. Spoon the peaches over the cake, dollop with whipped cream and serve.

Nutrition Facts



Properties

Glycemic Index:30.73, Glycemic Load:41.96, Inflammation Score:-4, Nutrition Score:8.3895652190499%

Flavonoids

Cyanidin: 1.15mg, Cyanidin: 1.15mg, Cyanidin: 1.15mg, Cyanidin: 1.15mg Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 491.64kcal (24.58%), Fat: 23.15g (35.61%), Saturated Fat: 6.7g (41.9%), Carbohydrates: 65.92g (21.97%), Net Carbohydrates: 64.15g (23.33%), Sugar: 46.81g (52.01%), Cholesterol: 119.92mg (39.97%), Sodium: 213.14mg (9.27%), Alcohol: 0.14g (100%), Alcohol %: 0.09% (100%), Protein: 7.43g (14.85%), Selenium: 19.67µg (28.1%), Vitamin K: 27.73µg (26.41%), Vitamin E: 1.98mg (13.22%), Manganese: 0.25mg (12.29%), Vitamin A: 572.61IU (11.45%), Phosphorus: 105.5mg (10.55%), Vitamin B2: 0.17mg (10.21%), Vitamin C: 8.01mg (9.71%), Fiber: 1.77g (7.09%), Calcium: 66.59mg (6.66%), Folate: 25.8µg (6.45%), Vitamin B5: 0.64mg (6.45%), Copper: 0.12mg (5.89%), Iron: 0.98mg (5.46%), Zinc: 0.73mg (4.87%), Vitamin B12: 0.27µg (4.47%), Potassium: 155.45mg (4.44%), Vitamin D: 0.6µg (3.99%), Vitamin B6: 0.08mg (3.99%), Magnesium: 15.84mg (3.96%), Vitamin B3: 0.78mg (3.88%), Vitamin B1: 0.05mg (3.42%)