



WHATSheATE



Grilled Pound Cake



Vegetarian

READY IN



60 min.

SERVINGS



10

CALORIES



205 kcal

DESSERT

Ingredients

- ☐ 6.8 oz pillsbury best® all purpose flour (Pillsbury's Best is Bleached)
- ☐ 1 teaspoon almond extract (I used vanilla)
- ☐ 2 teaspoons double-acting baking powder
- ☐ 3 large eggs
- ☐ 1 cup granulated sugar
- ☐ 1 peel of lemon grated (I used butternut extract)
- ☐ 1 cup yogurt plain
- ☐ 0.3 teaspoon salt

☐ 0.5 cup vegetable oil pure crisco®

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ loaf pan
- ☐ toothpicks
- ☐ grill

Directions

- ☐ Preheat the oven to 350 degrees F. and spray a 9×5 inch loaf pan with flour-added cooking spray.
- ☐ Mix the flour, baking powder and salt in medium bowl. I sifted the flour because I'm suddenly in the habit of doing it even though it's not always necessary if you weigh your flour.
- ☐ Combine the yogurt, sugar, eggs, and flavorings in a large bowl; whisk well to blend. Gradually whisk dry ingredients into yogurt mixture. Stir in oil; mix until well combined.
- ☐ Pour mixture into prepared pan.
- ☐ Bake until cake begins to pull away from sides and toothpick inserted into the center comes out clean, about 50 minutes. Cool in pan on rack for 5 minutes. Using a small, sharp knife, cut around edge of cake to loosen. Turn cake out onto rack; turn upright and cool completely. At this point, you can pour icing over it or take it to the next level and grill it.
- ☐ Heat your grill as you usually would, spray grill with cooking spray, and grill slices of cake for 1 to 2 minutes per side.

Nutrition Facts



Properties

Glycemic Index:25.61, Glycemic Load:25.02, Inflammation Score:-2, Nutrition Score:5.3404347741086%

Nutrients (% of daily need)

Calories: 204.69kcal (10.23%), Fat: 4.66g (7.17%), Saturated Fat: 1.35g (8.41%), Carbohydrates: 36.25g (12.08%), Net Carbohydrates: 35.66g (12.97%), Sugar: 21.28g (23.65%), Cholesterol: 58.99mg (19.66%), Sodium: 176.16mg (7.66%), Alcohol: 0.14g (100%), Alcohol %: 0.19% (100%), Protein: 4.74g (9.48%), Selenium: 11.81µg (16.86%), Vitamin B2: 0.2mg (11.95%), Folate: 44.12µg (11.03%), Vitamin B1: 0.16mg (10.99%), Phosphorus: 91.42mg (9.14%), Calcium: 89.03mg (8.9%), Iron: 1.27mg (7.08%), Manganese: 0.14mg (6.93%), Vitamin B3: 1.17mg (5.86%), Vitamin B5: 0.41mg (4.12%), Vitamin K: 4.16µg (3.96%), Vitamin B12: 0.22µg (3.74%), Zinc: 0.48mg (3.18%), Vitamin E: 0.36mg (2.42%), Fiber: 0.59g (2.34%), Potassium: 81.43mg (2.33%), Magnesium: 9.34mg (2.33%), Vitamin D: 0.32µg (2.16%), Copper: 0.04mg (2.16%), Vitamin B6: 0.04mg (2.15%), Vitamin A: 105.56IU (2.11%), Vitamin C: 0.9mg (1.09%)