



Grilled Pound Cake with Drunken Berries and Syllabub

 Vegetarian

READY IN

ready

105 min.

SERVINGS

servings

8

CALORIES

calories

936 kcal

DESSERT

Ingredients

- ☐ 1 cup blueberries
- ☐ 1 tablespoon brandy
- ☐ 0.3 cup brown sugar
- ☐ 0.3 cup butter melted
- ☐ 1 cup butter plus more for the pan
- ☐ 6 eggs
- ☐ 2 cups flour all-purpose plus more for the pan

- ☐ 8 servings mint leaves fresh finely chopped
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 cup granulated sugar
- ☐ 2 cups granulated sugar
- ☐ 1.5 cups heavy cream
- ☐ 8 servings lemon zest
- ☐ 1 cup raspberries
- ☐ 1.5 cups red wine
- ☐ 0.3 cup cooking sherry
- ☐ 1 cup strawberries
- ☐ 1 teaspoon vanilla extract
- ☐ 2 teaspoons vanilla extract

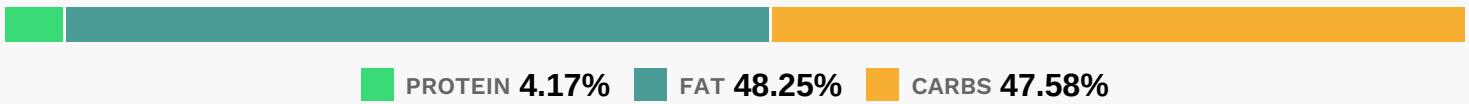
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer
- ☐ cake form
- ☐ grill
- ☐ broiler
- ☐ slotted spoon
- ☐ grill pan

Directions

- ☐ For the pound cake: Preheat the oven to 325 degrees F. In a large bowl, cream the butter and granulated sugar. Blend until the grains of sugar are no longer visible. Beat in the vanilla. Then add the eggs and flour alternately. Grease and flour 2 loaf pans or a 9- by 9-inch cake pan.
- ☐ Pour the batter into the pan(s) and bake for 1 hour. Then remove and let cool on a wire rack.
- ☐ For the syllabub: In a large bowl, combine the heavy cream and granulated sugar. Whip with a whisk or hand mixer until the cream is whipped and fluffy. Slowly fold in the sherry, brandy, vanilla extract and lemon zest.
- ☐ Place the bowl in the refrigerator to set up.
- ☐ For the berries: In a large bowl, combine the berries and wine.
- ☐ Add the granulated sugar and mix. Cover and let sit to bring to room temperature. (You can put it in the refrigerator, I just happen to like the berries at room temp. Whatever floats your boat.)
- ☐ To serve: Preheat a grill, grill pan or broiler.
- ☐ Cut the pound cake into 1/2-inch thick slices. Stir the brown sugar into the warm melted butter.
- ☐ Brush both sides of the pound cake slices with the melted butter and brown sugar.
- ☐ Place the slices on the hot grill or under the broiler. If using a grill, get grill marks on both sides. If using a broiler, get some golden brown color on both sides.
- ☐ Cut the pound cake slices on a diagonal or in strips, and arrange in a creative way in the center of a dessert plate. Try and get some height. With a slotted spoon, ladle a good scoop of berries over the pound cake.
- ☐ Add a good dollop of syllabub on top of the berries, and dust with lemon zest and mint.

Nutrition Facts



Properties

Glycemic Index:67.03, Glycemic Load:66.98, Inflammation Score:-8, Nutrition Score:14.244347800379%

Flavonoids

Cyanidin: 8.82mg, Cyanidin: 8.82mg, Cyanidin: 8.82mg, Cyanidin: 8.82mg Petunidin: 6.79mg, Petunidin: 6.79mg, Petunidin: 6.79mg, Petunidin: 6.79mg Delphinidin: 7.71mg, Delphinidin: 7.71mg, Delphinidin: 7.71mg, Delphinidin: 7.71mg Malvidin: 18.76mg, Malvidin: 18.76mg, Malvidin: 18.76mg, Malvidin: 18.76mg Pelargonidin: 4.62mg,

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Nutrients (% of daily need)

Calories: 935.74kcal (46.79%), Fat: 48.76g (75.02%), Saturated Fat: 29.59g (184.93%), Carbohydrates: 108.18g (36.06%), Net Carbohydrates: 105.46g (38.35%), Sugar: 80.75g (89.72%), Cholesterol: 249.44mg (83.15%), Sodium: 293.38mg (12.76%), Alcohol: 6.68g (100%), Alcohol %: 2.58% (100%), Protein: 9.48g (18.96%), Vitamin A: 1781.13IU (35.62%), Selenium: 23.13µg (33.05%), Manganese: 0.55mg (27.29%), Vitamin B2: 0.45mg (26.52%), Folate: 85.89µg (21.47%), Vitamin C: 17.15mg (20.79%), Vitamin B1: 0.29mg (19.27%), Phosphorus: 157.27mg (15.73%), Iron: 2.67mg (14.85%), Vitamin E: 1.89mg (12.58%), Vitamin B3: 2.29mg (11.45%), Fiber: 2.72g (10.9%), Vitamin B5: 0.92mg (9.21%), Vitamin D: 1.37µg (9.16%), Vitamin K: 9.45µg (9%), Calcium: 82.4mg (8.24%), Potassium: 275.58mg (7.87%), Vitamin B6: 0.15mg (7.36%), Magnesium: 29.2mg (7.3%), Vitamin B12: 0.43µg (7.09%), Zinc: 1mg (6.64%), Copper: 0.12mg (6.23%)