



Grilled Pound Cake with Lemon Cream and Blueberries

 Gluten Free

READY IN



9 min.

SERVINGS



8

CALORIES



252 kcal

DESSERT

Ingredients

- ☐ 0.8 cup blueberries
- ☐ 0.5 cup heavy cream
- ☐ 0.3 cup lemon curd jarred
- ☐ 1 lb round cake ends trimmed cut into 8 slices
- ☐ 1 tablespoon sugar

Equipment

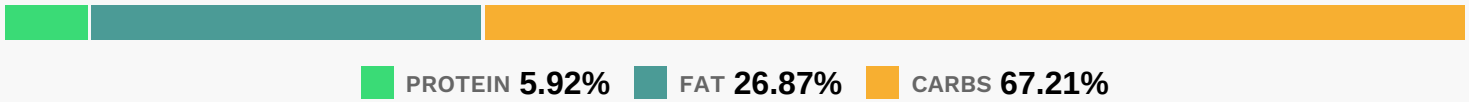
- ☐ hand mixer

- ☐ grill
- ☐ spatula

Directions

- ☐ Preheat grill to medium. Using an electric mixer on high speed, beat cream and sugar until soft peaks form. Fold in lemon curd. Cover and chill.
- ☐ Place cake slices on grate and grill until golden brown on one side, about 2 minutes. Watch carefully, as cake will toast quickly. With a heatproof spatula, carefully flip slices and grill until golden brown on second side, 1 to 2 minutes longer.
- ☐ To serve, place a slice of grilled pound cake on a plate and top with a generous dollop of lemon cream and some blueberries. Repeat with remaining cake, cream and berries.

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:1.72, Inflammation Score:-3, Nutrition Score:4.6873912707619%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Petunidin: 4.37mg, Petunidin: 4.37mg, Petunidin: 4.37mg, Petunidin: 4.37mg Delphinidin: 4.92mg, Delphinidin: 4.92mg, Delphinidin: 4.92mg, Delphinidin: 4.92mg Malvidin: 9.38mg, Malvidin: 9.38mg, Malvidin: 9.38mg, Malvidin: 9.38mg Peonidin: 2.82mg, Peonidin: 2.82mg, Peonidin: 2.82mg, Peonidin: 2.82mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 252.35kcal (12.62%), Fat: 7.6g (11.69%), Saturated Fat: 4.3g (26.85%), Carbohydrates: 42.77g (14.26%), Net Carbohydrates: 42.14g (15.32%), Sugar: 28.36g (31.51%), Cholesterol: 74.64mg (24.88%), Sodium: 378.59mg (16.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.54%), Vitamin B2: 0.19mg (10.97%), Vitamin B1: 0.15mg (9.73%), Iron: 1.6mg (8.87%), Phosphorus: 87.97mg (8.8%), Manganese: 0.17mg (8.29%), Selenium: 5.63µg (8.04%), Folate: 28.08µg (7.02%), Vitamin A: 313.47IU (6.27%), Vitamin B3: 1.16mg (5.81%), Calcium:

50.35mg (5.04%), Vitamin B5: 0.33mg (3.26%), Vitamin K: 3.27µg (3.11%), Vitamin B12: 0.16µg (2.66%), Fiber: 0.63g (2.52%), Vitamin E: 0.35mg (2.35%), Vitamin D: 0.35µg (2.34%), Zinc: 0.35mg (2.31%), Potassium: 80.98mg (2.31%), Copper: 0.04mg (2.24%), Vitamin B6: 0.04mg (2.1%), Magnesium: 8.11mg (2.03%), Vitamin C: 1.44mg (1.74%)