



Harvest Pound Cake

READY IN



120 min.

SERVINGS



16

CALORIES



370 kcal

DESSERT

Ingredients

- 2 cups granulated sugar
- 1.5 cups vegetable oil
- 2 teaspoons vanilla
- 3 eggs
- 3 cups flour all-purpose
- 1 teaspoon salt
- 1 teaspoon baking soda
- 2 cups apples peeled finely chopped
- 1 cup nuts chopped

- 0.5 cup butter
- 0.5 cup brown sugar packed
- 2 teaspoons milk

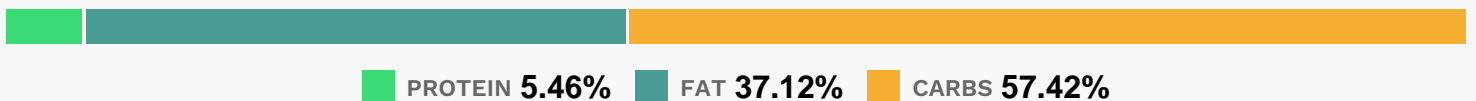
Equipment

- bowl
- frying pan
- sauce pan
- oven
- wire rack
- hand mixer
- toothpicks
- cake form

Directions

- Heat oven to 350°F. Grease and flour 12-cup fluted tube cake pan. In large bowl, beat granulated sugar, oil, vanilla and eggs with electric mixer on medium speed until light and fluffy. Beat in flour, salt and baking soda until smooth. Stir in apples and nuts.
- Pour into pan.
- Bake 1 hour to 1 hour 20 minutes or until toothpick inserted in center comes out clean. Cool 20 minutes.
- Remove from pan to cooling rack.
- In 2-quart saucepan, heat all glaze ingredients to boiling, stirring occasionally. Boil 2 minutes, stirring constantly; remove from heat. Spoon glaze over warm cake.

Nutrition Facts



Properties

Glycemic Index:15.3, Glycemic Load:31.41, Inflammation Score:-4, Nutrition Score:6.8917391274286%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 370.02kcal (18.5%), Fat: 15.57g (23.95%), Saturated Fat: 2.74g (17.12%), Carbohydrates: 54.18g (18.06%), Net Carbohydrates: 52.37g (19.04%), Sugar: 33.43g (37.15%), Cholesterol: 30.76mg (10.26%), Sodium: 296.51mg (12.89%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Protein: 5.15g (10.3%), Manganese: 0.35mg (17.45%), Selenium: 10.72µg (15.32%), Vitamin B1: 0.21mg (13.94%), Folate: 51.88µg (12.97%), Vitamin B2: 0.18mg (10.84%), Vitamin B3: 1.84mg (9.2%), Iron: 1.65mg (9.15%), Phosphorus: 85.08mg (8.51%), Copper: 0.16mg (8.22%), Vitamin K: 7.96µg (7.58%), Fiber: 1.82g (7.27%), Magnesium: 28.15mg (7.04%), Vitamin A: 309.09IU (6.18%), Vitamin E: 0.68mg (4.56%), Zinc: 0.63mg (4.18%), Vitamin B5: 0.36mg (3.65%), Potassium: 121.24mg (3.46%), Vitamin B6: 0.06mg (3.07%), Calcium: 24.37mg (2.44%), Vitamin B12: 0.08µg (1.4%), Vitamin D: 0.17µg (1.15%)