



Hazelnut-Raisin Pound Cake

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



309 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.8 cup butter softened
- 0.3 cup breadcrumbs dry
- 3 large eggs
- 1 cup milk fat-free
- 3 cups flour all-purpose
- 2.3 cups granulated sugar divided
- 0.5 teaspoon mace

- 1 teaspoon lemon rind, grated
- 0.3 cup powdered sugar, sifted
- 0.5 cup raisins, finely chopped
- 0.5 teaspoon salt
- 2 teaspoons vanilla extract
- 0.5 cup frangelico (hazelnut-flavored liqueur)

Equipment

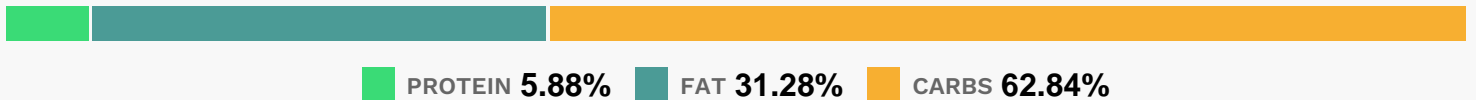
- bowl
- frying pan
- sauce pan
- oven
- knife
- wire rack
- blender
- measuring cup
- kugelhopf pan

Directions

- Preheat oven to 350°F.
- Coat a 12-cup Bundt pan with cooking spray, and dust with breadcrumbs. Tap out excess crumbs; set aside.
- Place the raisins in a bowl. Bring the liqueur to a boil in a small saucepan over medium-high heat; pour over raisins. Cover and let stand 30 minutes.
- Lightly spoon flour into dry measuring cups; level with a knife. Sift together flour, baking powder, salt, and mace.
- Place butter in a large bowl; beat with a mixer at medium speed 1 minute or until smooth.
- Add 1/3 cup granulated sugar and vanilla; beat 1 minute.
- Add 2 cups granulated sugar, 1/3 cup at a time, beating well after each addition.

- Add the eggs, 1 at a time, beating for 1 minute after each addition. With mixer at low speed, add flour mixture and milk alternately to sugar mixture, beginning and ending with flour mixture. Beat just until smooth. Stir in raisin mixture and rind.
- Pour batter into prepared pan.
- Bake at 350 for 55 minutes or until cake springs back when lightly touched in center. Cool in pan on a wire rack 20 minutes. Invert pan, remove cake, and cool completely on wire rack.
- Sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:21.9, Glycemic Load:31.61, Inflammation Score:-3, Nutrition Score:6.3934782562049%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 308.96kcal (15.45%), Fat: 10.93g (16.82%), Saturated Fat: 5.35g (33.42%), Carbohydrates: 49.44g (16.48%), Net Carbohydrates: 48.16g (17.51%), Sugar: 28.61g (31.79%), Cholesterol: 51.74mg (17.25%), Sodium: 182.95mg (7.95%), Alcohol: 0.15g (100%), Alcohol %: 0.21% (100%), Protein: 4.62g (9.25%), Manganese: 0.38mg (19.15%), Selenium: 10.76µg (15.38%), Vitamin B1: 0.22mg (14.7%), Folate: 48.68µg (12.17%), Vitamin B2: 0.19mg (11.01%), Iron: 1.52mg (8.45%), Phosphorus: 76.79mg (7.68%), Vitamin B3: 1.5mg (7.48%), Vitamin A: 310.3IU (6.21%), Copper: 0.11mg (5.73%), Vitamin E: 0.82mg (5.48%), Fiber: 1.27g (5.09%), Calcium: 50.33mg (5.03%), Magnesium: 15.13mg (3.78%), Potassium: 120.31mg (3.44%), Vitamin B5: 0.32mg (3.22%), Vitamin B6: 0.06mg (3.03%), Zinc: 0.45mg (2.97%), Vitamin B12: 0.18µg (2.94%), Vitamin D: 0.32µg (2.11%), Vitamin K: 1.35µg (1.29%)