



Heavenly Hazelnut Pound Cake

 Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



903 kcal

Ingredients

- 0.5 cup almonds sliced
- 1 cup nutella (recommended: Nutella)
- 1 cup heavy cream
- 1 lemon zest
- 1 tablespoon orange liqueur
- 1 round cake store-bought

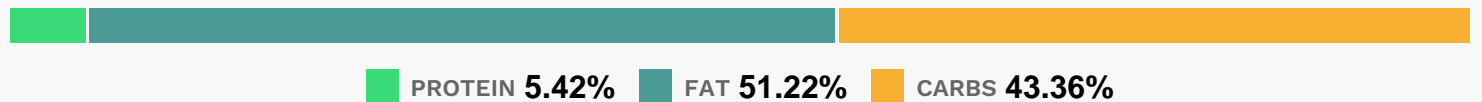
Equipment

- bowl
- frying pan

Directions

- Blackberries and raspberries, for garnish
- Lightly toast the almonds in a small skillet. Set aside to cool.
- Cut the pound cake in half, horizontally.
- Spread the chocolate spread on the cut side of both cake pieces.
- Sprinkle with toasted almonds. Then place the top half of the cake back onto the bottom half.
- In a medium-sized bowl, combine the whipped cream, orange liqueur and the zest.
- Cut the pound cake into 1-inch slices and serve with the whipped cream, blackberries and raspberries.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:12.64, Inflammation Score:-7, Nutrition Score:18.987826171129%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 902.89kcal (45.14%), Fat: 51.53g (79.28%), Saturated Fat: 36.03g (225.18%), Carbohydrates: 98.17g (32.72%), Net Carbohydrates: 92.15g (33.51%), Sugar: 71.53g (79.48%), Cholesterol: 143.74mg (47.91%), Sodium: 514.57mg (22.37%), Alcohol: 0.98g (100%), Alcohol %: 0.55% (100%), Caffeine: 6.22mg (2.08%), Protein: 12.26g (24.52%), Manganese: 1.07mg (53.63%), Vitamin E: 7.4mg (49.3%), Vitamin B2: 0.57mg (33.76%), Iron: 5.83mg (32.36%), Phosphorus: 306.98mg (30.7%), Copper: 0.53mg (26.31%), Fiber: 6.02g (24.09%), Magnesium: 91.8mg (22.95%), Calcium: 205.75mg (20.58%), Vitamin A: 993.27IU (19.87%), Vitamin B1: 0.28mg (18.84%), Selenium: 11.8µg (16.86%), Potassium: 523.84mg (14.97%), Folate: 53.38µg (13.35%), Zinc: 1.68mg (11.23%), Vitamin B3: 2.23mg (11.17%), Vitamin B5: 0.84mg (8.37%), Vitamin B12: 0.48µg (7.96%), Vitamin D: 1.1µg (7.35%), Vitamin B6: 0.14mg

(6.98%), Vitamin K: 3.48µg (3.31%), Vitamin C: 2.29mg (2.78%)