



Honey Vanilla Pound Cake

READY IN



95 min.

SERVINGS



6

CALORIES



661 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2 cups cake flour sifted
- ☐ 4 extra large eggs at room temperature
- ☐ 2 tablespoons honey
- ☐ 1 teaspoon kosher salt
- ☐ 1 teaspoon lemon zest grated
- ☐ 1.3 cups sugar
- ☐ 0.5 pound butter unsalted room temperature (2 sticks)
- ☐ 2 teaspoons vanilla extract pure

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees. Grease the bottom of an 8 1/2 x 4 1/2 x 2 1/2-inch loaf pan. Line the bottom with parchment paper, then grease and flour the pan.
- ☐ In the bowl of an electric mixer fitted with the paddle attachment, cream the butter and sugar on medium speed for 3 to 4 minutes, until light. Meanwhile, put the eggs, honey, vanilla, and lemon zest in a glass measuring cup but do not combine. With the mixer on medium-low speed, add the egg mixture, one egg at a time, scraping down the bowl and allowing each egg to become incorporated before adding the next egg.
- ☐ Sift together the flour, salt, and baking powder. With the mixer on low speed, add it slowly to the batter until just combined. Finish mixing the batter with a rubber spatula and pour it into the prepared pan. Smooth the top.
- ☐ Bake for 50 to 60 minutes, until a toothpick inserted in the center comes out clean. Cool for 15 minutes, turn out onto a baking rack, and cool completely.

Nutrition Facts



PROTEIN 6.02% **FAT 47.21%** **CARBS 46.77%**

Properties

Glycemic Index:46.89, Glycemic Load:51.76, Inflammation Score:-5, Nutrition Score:8.5713044068088%

Nutrients (% of daily need)

Calories: 660.69kcal (33.03%), Fat: 35.04g (53.9%), Saturated Fat: 20.69g (129.3%), Carbohydrates: 78.09g (26.03%), Net Carbohydrates: 77.04g (28.02%), Sugar: 47.8g (53.11%), Cholesterol: 220.15mg (73.38%), Sodium: 481.75mg (20.95%), Alcohol: 0.46g (100%), Alcohol %: 0.35% (100%), Protein: 10.04g (20.09%), Selenium: 28.69µg (40.99%), Vitamin A: 1147.21IU (22.94%), Manganese: 0.35mg (17.67%), Phosphorus: 131.11mg (13.11%), Vitamin B2: 0.22mg (12.98%), Vitamin E: 1.44mg (9.58%), Vitamin D: 1.31µg (8.76%), Folate: 32.61µg (8.15%), Vitamin B5: 0.8mg (8.03%), Vitamin B12: 0.4µg (6.61%), Iron: 1.13mg (6.28%), Zinc: 0.89mg (5.95%), Copper: 0.12mg (5.79%), Calcium: 57.49mg (5.75%), Fiber: 1.05g (4.2%), Vitamin B6: 0.08mg (4.13%), Magnesium: 16.1mg (4.03%), Vitamin B1: 0.05mg (3.37%), Potassium: 109.39mg (3.13%), Vitamin K: 2.88µg (2.75%), Vitamin B3: 0.48mg (2.38%)