



Honey-Walnut Pound Cakes

READY IN



130 min.

SERVINGS



16

CALORIES



293 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix yellow
- ☐ 1 cup water
- ☐ 0.5 cup walnut pieces chopped
- ☐ 0.3 cup butter softened
- ☐ 0.3 cup honey
- ☐ 3 eggs
- ☐ 12 oz cream cheese frosting

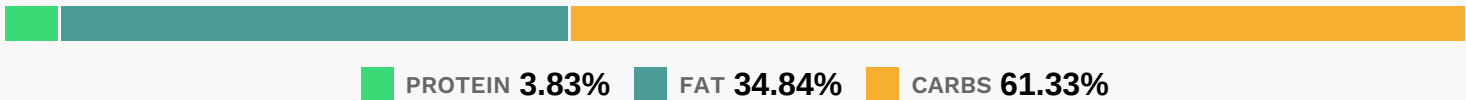
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan
- ☐ toothpicks
- ☐ microwave

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pans). Grease bottoms only of two 8x4-inch or two 9x5-inch loaf pans.
- ☐ In large bowl, beat cake ingredients on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- ☐ Pour into pans.
- ☐ Bake 8-inch loaves 37 to 45 minutes, 9-inch loaves 34 to 42 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans. Cool completely, about 1 hour.
- ☐ In microwavable bowl, microwave uncovered on Medium (50%) 15 seconds.
- ☐ Spread frosting over tops of loaves, allowing some to drizzle down sides. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:7.64, Glycemic Load:2.33, Inflammation Score:-2, Nutrition Score:4.2239130255969%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

Nutrients (% of daily need)

Calories: 292.87kcal (14.64%), Fat: 11.58g (17.82%), Saturated Fat: 4.4g (27.52%), Carbohydrates: 45.87g (15.29%), Net Carbohydrates: 45.23g (16.45%), Sugar: 31.98g (35.53%), Cholesterol: 40.86mg (13.62%), Sodium: 318.99mg (13.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.74%), Phosphorus: 131.14mg (13.11%), Manganese: 0.2mg (9.79%), Calcium: 78.92mg (7.89%), Folate: 29.68µg (7.42%), Vitamin B2: 0.12mg (7.22%),

Vitamin B1: 0.09mg (6.04%), Selenium: 3.88µg (5.54%), Iron: 0.98mg (5.44%), Copper: 0.1mg (4.79%), Vitamin B3: 0.81mg (4.03%), Vitamin E: 0.52mg (3.46%), Vitamin A: 163.46IU (3.27%), Vitamin B6: 0.06mg (3%), Vitamin B5: 0.27mg (2.74%), Magnesium: 10.77mg (2.69%), Fiber: 0.64g (2.57%), Zinc: 0.33mg (2.19%), Vitamin B12: 0.11µg (1.9%), Potassium: 54.03mg (1.54%), Vitamin K: 1.39µg (1.33%), Vitamin D: 0.17µg (1.1%)