

Irish Pound Cake

 Vegetarian

READY IN



135 min.

SERVINGS



1

CALORIES



5471 kcal

DESSERT

Ingredients

- 1 cup butter
- 8 ounce cream cheese softened
- 6 large eggs at room temperature
- 2 tablespoons flour all-purpose
- 0.1 teaspoon mace
- 2 cups self raising flour
- 1 teaspoon vanilla extract
- 1.5 fluid ounce irish whiskey

2 cups granulated sugar white

Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- toothpicks

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Grease and flour a tube pan.
- Beat the butter and cream cheese with an electric mixer in a large bowl until light and fluffy. Beat in the sugar until well blended. The mixture should be noticeably lighter in color.
- Add the room-temperature eggs one at a time, allowing each egg to blend into the butter mixture before adding the next. Beat in the 2 tablespoons flour with the last egg. Stir in the remaining 2 cups flour until just combined; stir in the mac, vanilla, and whiskey.
- Pour into the prepared tube pan.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 1 hour. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:304.09, Glycemic Load:408.45, Inflammation Score:-10, Nutrition Score:52.329999863939%

Nutrients (% of daily need)

Calories: 5471.07kcal (273.55%), Fat: 296.31g (455.85%), Saturated Fat: 172.54g (1078.36%), Carbohydrates: 606.66g (202.22%), Net Carbohydrates: 600.21g (218.26%), Sugar: 410.34g (455.93%), Cholesterol: 1833.11mg (611.04%), Sodium: 2607.61mg (113.37%), Alcohol: 17.34g (100%), Alcohol %: 1.5% (100%), Protein: 85.2g (170.39%), Selenium: 220.62µg (315.17%), Vitamin A: 10345.6IU (206.91%), Vitamin B2: 2.28mg (133.84%), Phosphorus: 1151.7mg

(115.17%), Manganese: 2.22mg (111.19%), Vitamin E: 11.38mg (75.84%), Vitamin B5: 7.3mg (73.04%), Folate: 278.36µg (69.59%), Vitamin B12: 3.55µg (59.25%), Zinc: 7.5mg (49.98%), Calcium: 487.29mg (48.73%), Iron: 8.74mg (48.55%), Vitamin D: 6µg (40%), Copper: 0.78mg (38.83%), Vitamin B6: 0.74mg (37.22%), Vitamin B1: 0.51mg (33.74%), Magnesium: 127.64mg (31.91%), Potassium: 1049.42mg (29.98%), Fiber: 6.46g (25.82%), Vitamin K: 22.35µg (21.28%), Vitamin B3: 3.95mg (19.77%)