



Key Largo Key Lime Pound Cake with Key Lime Glaze

READY IN



140 min.

SERVINGS



16

CALORIES



262 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 cup butter
- ☐ 5 eggs
- ☐ 3 cups flour all-purpose
- ☐ 3 tablespoons key lime juice
- ☐ 0.5 cup milk
- ☐ 1 cup shortening
- ☐ 1.5 teaspoons vanilla extract

☐ 0.3 cup sugar white

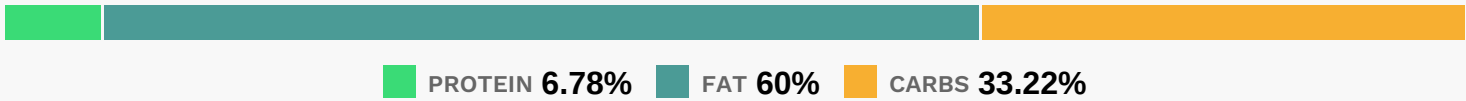
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ toothpicks
- ☐ skewers

Directions

- ☐ Preheat the oven to 325 degrees F (165 degrees C). Grease and flour a 10 inch tube pan.
- ☐ In a large bowl, beat 1 cup of butter, shortening and 2 cups of sugar until light and fluffy. Beat in the eggs, one at a time, blending each one thoroughly.
- ☐ Combine the flour and baking powder, stir into the batter alternating with the milk, vanilla and 1/2 cup of key lime juice.
- ☐ Pour into the prepared pan and smooth the top.
- ☐ Bake in the preheated oven until a knife inserted into the crown of the cake comes out clean, about 90 minutes.
- ☐ While the cake is baking, make the glaze in a small bowl. Stir together 1/4 cup sugar, 1/4 cup butter and key lime juice. When the cake is done, invert it onto a wire rack while still warm, but not straight out of the oven. Poke several times with a skewer or toothpick.
- ☐ Pour the glaze over the warm cake allowing it to seep into the holes. Allow the cake to cool completely before serving.

Nutrition Facts



Properties

Glycemic Index:20.32, Glycemic Load:15.29, Inflammation Score:-2, Nutrition Score:5.5552173386449%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 262.12kcal (13.11%), Fat: 17.48g (26.9%), Saturated Fat: 5.64g (35.22%), Carbohydrates: 21.77g (7.26%), Net Carbohydrates: 21.13g (7.68%), Sugar: 3.7g (4.11%), Cholesterol: 59.69mg (19.9%), Sodium: 59.58mg (2.59%), Alcohol: 0.13g (100%), Alcohol %: 0.24% (100%), Protein: 4.45g (8.89%), Selenium: 12.37µg (17.67%), Vitamin B1: 0.2mg (13.15%), Folate: 49.74µg (12.44%), Vitamin B2: 0.19mg (11.28%), Manganese: 0.17mg (8.28%), Iron: 1.36mg (7.53%), Vitamin B3: 1.41mg (7.05%), Vitamin E: 1.04mg (6.91%), Vitamin K: 7.22µg (6.87%), Phosphorus: 64.25mg (6.42%), Vitamin B5: 0.44mg (4.37%), Vitamin A: 176.65IU (3.53%), Calcium: 29.39mg (2.94%), Vitamin B12: 0.17µg (2.83%), Fiber: 0.64g (2.58%), Zinc: 0.38mg (2.53%), Vitamin D: 0.36µg (2.39%), Copper: 0.05mg (2.25%), Magnesium: 8.1mg (2.02%), Vitamin B6: 0.04mg (1.99%), Potassium: 60.28mg (1.72%), Vitamin C: 0.84mg (1.02%)