



Key Lime Pound Cake

READY IN



165 min.

SERVINGS



12

CALORIES



570 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 cup butter softened
- ☐ 6 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 12 servings key lime glaze
- ☐ 0.3 cup key lime juice fresh
- ☐ 1 teaspoon lime zest
- ☐ 1 cup milk
- ☐ 0.1 teaspoon salt

- ☐ 0.5 cup shortening
- ☐ 3 cups sugar
- ☐ 1 teaspoon vanilla extract

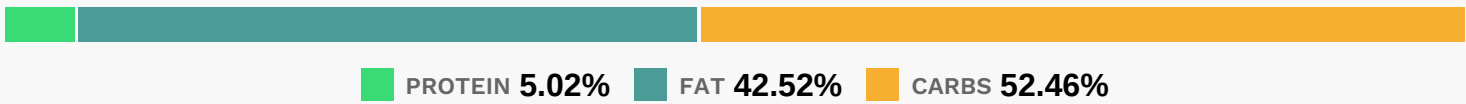
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ stand mixer

Directions

- ☐ Preheat oven to 32
- ☐ Beat butter and shortening at medium speed with a heavy-duty electric stand mixer until creamy. Gradually add sugar, beating at medium speed until light and fluffy.
- ☐ Add eggs, 1 at a time, beating just until blended after each addition.
- ☐ Stir together flour, baking powder, and salt.
- ☐ Add to butter mixture alternately with milk, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Stir in vanilla, lime zest, and lime juice.
- ☐ Pour batter into a greased and floured 10-inch (12-cup) tube pan.
- ☐ Bake at 325 for 1 hour and 15 minutes to 1 hour and 20 minutes or until a long wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 to 15 minutes; remove from pan to wire rack.
- ☐ Prepare Key Lime Glaze, and immediately brush over top and sides of cake. Cool completely (about 1 hour).

Nutrition Facts



Properties

Glycemic Index:32.42, Glycemic Load:52.74, Inflammation Score:-5, Nutrition Score:8.8521739503612%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 3.53mg, Hesperetin: 3.53mg, Hesperetin: 3.53mg, Hesperetin: 3.53mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 569.8kcal (28.49%), Fat: 27.4g (42.15%), Saturated Fat: 13.07g (81.69%), Carbohydrates: 76.05g (25.35%), Net Carbohydrates: 74.99g (27.27%), Sugar: 51.31g (57.02%), Cholesterol: 136.11mg (45.37%), Sodium: 208.49mg (9.06%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Protein: 7.28g (14.55%), Selenium: 19.18µg (27.4%), Vitamin B2: 0.32mg (18.54%), Vitamin B1: 0.27mg (18.19%), Folate: 70.58µg (17.65%), Vitamin A: 646.77IU (12.94%), Phosphorus: 113.99mg (11.4%), Manganese: 0.23mg (11.26%), Iron: 1.99mg (11.05%), Vitamin B3: 1.92mg (9.58%), Vitamin E: 1.28mg (8.54%), Vitamin B5: 0.7mg (6.97%), Calcium: 61.74mg (6.17%), Vitamin B12: 0.36µg (6.07%), Vitamin K: 6.17µg (5.88%), Vitamin D: 0.72µg (4.82%), Zinc: 0.66mg (4.39%), Vitamin C: 3.6mg (4.36%), Fiber: 1.06g (4.26%), Vitamin B6: 0.07mg (3.72%), Copper: 0.07mg (3.65%), Magnesium: 13.61mg (3.4%), Potassium: 117.72mg (3.36%)