



Lemon Cream Cheese Pound Cake

READY IN



75 min.

SERVINGS



12

CALORIES



329 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon butter
- ☐ 8 ounces cake flour
- ☐ 8 ounces cream cheese softened
- ☐ 6 large eggs separated room temperature
- ☐ 14 oz granulated sugar
- ☐ 5 teaspoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest
- ☐ 1.5 teaspoons poppy seeds
- ☐ 0.7 cup powdered sugar

☐ 0.5 scant teaspoon salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ stand mixer
- ☐ microwave
- ☐ skewers
- ☐ measuring cup
- ☐ kugelhopf pan

Directions

- ☐ Preheat oven to 325 degrees F. Spray a light-colored tube pan or 12 cup (10 inch) Bundt pan with flour-added cooking spray.
- ☐ Mix together the cake flour and salt. Set aside. If using poppy seeds, add them to the cake flour. In the bowl of a stand mixer, beat the butter, cream cheese and sugar for a good 5 to 8 minutes, scraping down the sides of the bowl occasionally.
- ☐ Add the egg yolks and beat for another 2 minutes or so. Beat in the lemon zest and lemon oil, scraping down sides of bowl periodically. Stir, do not beat, in the flour/salt mixture. In a separate bowl, beat the egg whites until soft peaks form. Fold the beaten egg whites into the cake batter, then pour into the greased pan.
- ☐ Bake the cake for 60–80 minutes or until a long skewer inserted in center comes out clean (internal temperature 210 F) or with moist crumbs as opposed to batter.
- ☐ Let cool in pan for 10 minutes, then invert and allow cake to cool completely on a rack. To make the glaze, melt the butter in a large 2 cup microwave-safe measuring cup.
- ☐ Add the powdered sugar and stir to coat. Now add the lemon juice a teaspoon at a time, stirring, until glaze is a good consistency for drizzling.
- ☐ Drizzle over the cake by pouring it straight out of the measuring cup.

Nutrition Facts



 **PROTEIN 7.97%**  **FAT 26.39%**  **CARBS 65.64%**

Properties

Glycemic Index:18.26, Glycemic Load:32.25, Inflammation Score:-2, Nutrition Score:4.9899999836217%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 328.97kcal (16.45%), Fat: 9.8g (15.07%), Saturated Fat: 4.88g (30.49%), Carbohydrates: 54.83g (18.28%), Net Carbohydrates: 54.26g (19.73%), Sugar: 40.47g (44.96%), Cholesterol: 112.98mg (37.66%), Sodium: 98.5mg (4.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.66g (13.32%), Selenium: 17.1µg (24.43%), Vitamin B2: 0.18mg (10.45%), Manganese: 0.19mg (9.29%), Phosphorus: 91.62mg (9.16%), Vitamin A: 399.9IU (8%), Vitamin B5: 0.58mg (5.79%), Folate: 20.47µg (5.12%), Vitamin B12: 0.26µg (4.41%), Calcium: 41.63mg (4.16%), Zinc: 0.61mg (4.09%), Iron: 0.69mg (3.83%), Vitamin E: 0.52mg (3.47%), Vitamin D: 0.5µg (3.33%), Copper: 0.07mg (3.27%), Vitamin B6: 0.06mg (3.13%), Magnesium: 10.91mg (2.73%), Potassium: 84.62mg (2.42%), Fiber: 0.57g (2.27%), Vitamin B1: 0.03mg (2.23%), Vitamin C: 1.24mg (1.5%), Vitamin B3: 0.23mg (1.16%)