



Lemon Geranium Pound Cake

READY IN



45 min.

SERVINGS



10

CALORIES



759 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 1 cup butter softened
- ☐ 6 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 10 servings garnish: lemon geranium leaves fresh
- ☐ 4 large to 6 lemon geranium leaves fresh
- ☐ 0.5 teaspoon salt
- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 3 cups sugar

- ☐ 2 teaspoons vanilla extract
- ☐ 10 servings vegetable oil

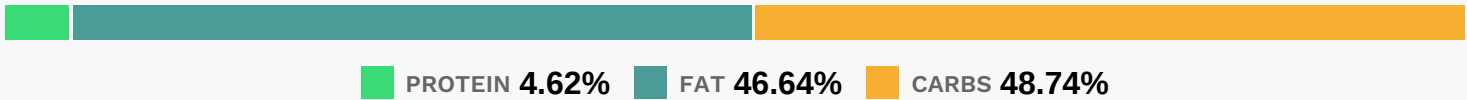
Equipment

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

Directions

- ☐ Brush both sides of leaves with oil. Arrange leaves, dull side up, around the sides of a greased and floured 10-inch tube pan; set aside.
- ☐ Beat butter at medium speed with an electric mixer until creamy; gradually add sugar, beating well.
- ☐ Add eggs, 1 at a time, beating until blended after each.
- ☐ Combine flour, salt, and baking soda; add to butter mixture alternately with sour cream, beginning and ending with flour mixture. Beat at low speed until blended after each addition. Stir in vanilla. Spoon batter into prepared pan.
- ☐ Bake at 325 1 hour and 20 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on wire rack 15 minutes.
- ☐ Remove from pan.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:19.61, Glycemic Load:63.42, Inflammation Score:-7, Nutrition Score:13.507391224737%

Flavonoids

Eriodictyol: 10.72mg, Eriodictyol: 10.72mg, Eriodictyol: 10.72mg, Eriodictyol: 10.72mg Hesperetin: 14.01mg, Hesperetin: 14.01mg, Hesperetin: 14.01mg, Hesperetin: 14.01mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 759.14kcal (37.96%), Fat: 40.24g (61.9%), Saturated Fat: 9.23g (57.71%), Carbohydrates: 94.63g (31.54%), Net Carbohydrates: 92.21g (33.53%), Sugar: 62.22g (69.14%), Cholesterol: 124.98mg (41.66%), Sodium: 409.75mg (17.82%), Alcohol: 0.28g (100%), Alcohol %: 0.15% (100%), Protein: 8.96g (17.93%), Selenium: 23.32µg (33.32%), Vitamin C: 26.86mg (32.55%), Vitamin K: 26.29µg (25.04%), Vitamin B2: 0.39mg (23%), Vitamin A: 1126.32IU (22.53%), Folate: 89.83µg (22.46%), Vitamin B1: 0.33mg (22.22%), Vitamin E: 2.35mg (15.65%), Iron: 2.62mg (14.54%), Manganese: 0.29mg (14.31%), Phosphorus: 130.44mg (13.04%), Vitamin B3: 2.32mg (11.58%), Fiber: 2.42g (9.67%), Vitamin B5: 0.82mg (8.15%), Calcium: 65.95mg (6.6%), Vitamin B6: 0.12mg (5.96%), Vitamin B12: 0.34µg (5.62%), Potassium: 191.09mg (5.46%), Copper: 0.1mg (5.16%), Zinc: 0.76mg (5.08%), Magnesium: 18.91mg (4.73%), Vitamin D: 0.6µg (4%)