



WHATSheATE



Lemon-Ginger Pound Cake



Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



383 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup confectioners sugar
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 3 tablespoons ginger fresh peeled finely chopped
- ☐ 0.8 cup granulated sugar
- ☐ 0.3 teaspoon ground ginger
- ☐ 1.5 tablespoons juice of lemon fresh

- ☐ 2 tablespoons lemon zest fresh finely grated
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup butter unsalted softened
- ☐ 0.5 teaspoon vanilla
- ☐ 0.3 cup milk whole

Equipment

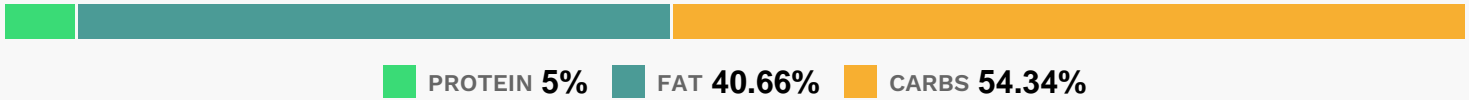
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ loaf pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 325°F. Generously butter pan, then flour it, knocking out excess. Chill 10 minutes.
- ☐ Finely grind together fresh ginger and 1/4 cup sugar in a food processor (mixture will be wet).
- ☐ Whisk together flour, baking powder, ground ginger, and salt.
- ☐ Stir together milk and vanilla in a small bowl.
- ☐ Beat together butter, remaining 1/2 cup plus 2 tablespoons sugar, and zest in a large bowl with an electric mixer until fluffy.
- ☐ Add eggs 1 at a time, beating well after each addition.
- ☐ Alternately add flour and milk mixtures to butter and eggs in 4 batches, beginning with flour and mixing at low speed until each batch is just incorporated.
- ☐ Mix in ginger sugar until just combined, then lemon juice.
- ☐ Spoon batter into pan, smoothing top, and bake in middle of oven until golden brown on top and a tester inserted into center comes out clean, about 40 minutes (about 1 hour for loaf

- pan). Carefully loosen edges with a knife and immediately invert cake onto a rack to cool completely.
- ☐ Gradually add confectioners sugar to 1 tablespoon lemon juice, whisking until smooth and adding more juice, 1 drop at a time, if glaze is too thick.
 - ☐ Drizzle decoratively over top of cake.

Nutrition Facts



Properties

Glycemic Index:48.35, Glycemic Load:29.39, Inflammation Score:-4, Nutrition Score:6.3995652457942%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 382.71kcal (19.14%), Fat: 17.58g (27.05%), Saturated Fat: 10.47g (65.45%), Carbohydrates: 52.87g (17.62%), Net Carbohydrates: 52g (18.91%), Sugar: 35.63g (39.59%), Cholesterol: 103.89mg (34.63%), Sodium: 198.7mg (8.64%), Alcohol: 0.11g (100%), Alcohol %: 0.13% (100%), Protein: 4.86g (9.72%), Selenium: 12.86µg (18.37%), Vitamin B2: 0.21mg (12.35%), Vitamin B1: 0.18mg (11.99%), Folate: 47.93µg (11.98%), Vitamin A: 580.45IU (11.61%), Manganese: 0.19mg (9.33%), Phosphorus: 86.81mg (8.68%), Iron: 1.41mg (7.84%), Calcium: 72.68mg (7.27%), Vitamin B3: 1.31mg (6.54%), Vitamin C: 4.21mg (5.1%), Vitamin D: 0.73µg (4.86%), Vitamin E: 0.65mg (4.34%), Vitamin B5: 0.42mg (4.24%), Vitamin B12: 0.24µg (3.92%), Fiber: 0.87g (3.48%), Zinc: 0.45mg (2.97%), Copper: 0.06mg (2.94%), Vitamin B6: 0.06mg (2.78%), Magnesium: 10.61mg (2.65%), Potassium: 89.12mg (2.55%), Vitamin K: 1.47µg (1.4%)