



Lemon Lime Soda Pound Cake



Vegetarian

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READY IN

ready

225 min.

SERVINGS

servings

8

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CALORIES

calories

813 kcal

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DESSERT

Ingredients

- ☐ 5 eggs separated
- ☐ 3 cups flour all-purpose
- ☐ 3 teaspoons juice of lemon
- ☐ 0.8 cup lemon lime soda
- ☐ 3 cups sugar
- ☐ 1.5 cups butter unsalted at room temperature

Equipment

- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ toothpicks
- ☐ spatula

Directions

- ☐ Preheat the oven to 325 degrees F.
- ☐ Grease a 10-inch tube pan and dust with flour.
- ☐ In a standing mixer fitted with the paddle attachment, cream the butter until fluffy. Slowly add 2 cups of the sugar and mix until just incorporated. Raise the speed to high and mix until light and fluffy.
- ☐ Add the egg yolks, 1 at a time, until incorporated.
- ☐ Reduce the mixers speed to low. Alternately add the flour and soda until a smooth batter is formed.
- ☐ Transfer the batter to a large bowl.
- ☐ Clean the bowl of the mixer and place the egg whites inside. Using the whisk attachment, whip the egg whites until foamy.
- ☐ Add the lemon juice and beat until soft peaks are formed.
- ☐ Add the remaining sugar and beat until stiff peaks are formed.
- ☐ Working in 3 batches, using a rubber spatula, fold the egg whites into the batter.
- ☐ Pour the batter into the pan and bake until golden brown and a toothpick inserted in the center comes out clean, about 50 minutes to 1 hour. Allow to cool completely about 2 hours, then unmold and serve.

Nutrition Facts



Properties

Glycemic Index:18.14, Glycemic Load:78.24, Inflammation Score:-7, Nutrition Score:10.949130540309%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg 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: 813.36kcal (40.67%), Fat: 37.84g (58.22%), Saturated Fat: 22.8g (142.49%), Carbohydrates: 113.13g (37.71%), Net Carbohydrates: 111.86g (40.68%), Sugar: 77.41g (86.01%), Cholesterol: 193.81mg (64.6%), Sodium: 47.65mg (2.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.32mg (1.11%), Protein: 8.7g (17.39%), Selenium: 25.21µg (36.02%), Vitamin B1: 0.38mg (25.44%), Folate: 100.36µg (25.09%), Vitamin A: 1212.25IU (24.24%), Vitamin B2: 0.39mg (22.72%), Manganese: 0.33mg (16.62%), Iron: 2.71mg (15.05%), Vitamin B3: 2.81mg (14.06%), Phosphorus: 115.44mg (11.54%), Vitamin E: 1.31mg (8.71%), Vitamin D: 1.19µg (7.92%), Vitamin B5: 0.68mg (6.76%), Vitamin B12: 0.32µg (5.29%), Fiber: 1.27g (5.09%), Copper: 0.1mg (4.98%), Zinc: 0.73mg (4.88%), Magnesium: 14.8mg (3.7%), Vitamin B6: 0.07mg (3.48%), Calcium: 33.95mg (3.4%), Vitamin K: 3.2µg (3.05%), Potassium: 101.97mg (2.91%)