



Lemon Mint Pound Cake

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



522 kcal

DESSERT

Ingredients

- 2 cups blueberries
- 0.8 cup butter softened
- 2.5 cups confectioners' sugar divided
- 3 eggs
- 0.3 cup mint leaves fresh loosely packed
- 2.3 cups heavy whipping cream divided
- 10 ounce lemon curd
- 2 tablespoons juice of lemon

- 2 teaspoons lemon zest grated
- 1.5 cups original potatoes mashed idahoan® (must be from the box, not in the pouch)
- 1 quart strawberries fresh sliced
- 0.3 cup sugar

Equipment

- food processor
- bowl
- frying pan
- oven
- wire rack
- baking pan
- toothpicks

Directions

- Place sugar and mint in a small food processor; cover and process until blended. Set aside.
- Preheat oven to 325 degrees F.
- In a large bowl, cream butter and 1-3/4 cups confectioners sugar until light and fluffy. Beat in 4-1/2 teaspoons reserved mint mixture.
- Add eggs, one at a time, beating well after each addition.
- Add mashed potato flakes alternately with 1/4 cup cream. Stir in lemon juice and peel.
- Pour into a greased and floured 9 x 13-inch baking dish.
- Bake for 60-70 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely.
- In a large bowl, beat remaining cream until it begins to thicken.
- Add 1/2 cup confectioners sugar and 1 tablespoon mint mixture; beat until stiff peaks form. Fold in lemon curd; set aside.
- In another bowl, combine strawberries and blueberries with remaining mint mixture and confectioners sugar.
- Cube cake into 2 squares.

Layer in glassware starting with a dollop of the cream mixture, a spoonful of berries and a couple cake cubes. Repeat.

Nutrition Facts

PROTEIN 3.49% **FAT 52.33%** **CARBS 44.18%**

Properties

Glycemic Index:23.65, Glycemic Load:9.26, Inflammation Score:-7, Nutrition Score:10.542608748312%

Flavonoids

Cyanidin: 3.41mg, Cyanidin: 3.41mg, Cyanidin: 3.41mg, Cyanidin: 3.41mg Petunidin: 7.86mg, Petunidin: 7.86mg, Petunidin: 7.86mg, Petunidin: 7.86mg Delphinidin: 8.98mg, Delphinidin: 8.98mg, Delphinidin: 8.98mg, Delphinidin: 8.98mg Malvidin: 16.68mg, Malvidin: 16.68mg, Malvidin: 16.68mg, Malvidin: 16.68mg Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg Peonidin: 5.04mg, Peonidin: 5.04mg, Peonidin: 5.04mg, Peonidin: 5.04mg Catechin: 3.76mg, Catechin: 3.76mg, Catechin: 3.76mg, Catechin: 3.76mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg Gallic acid: 0.05mg, Gallic acid: 0.05mg, Gallic acid: 0.05mg, Gallic acid: 0.05mg

Nutrients (% of daily need)

Calories: 522.48kcal (26.12%), Fat: 31.21g (48.01%), Saturated Fat: 19.32g (120.77%), Carbohydrates: 59.29g (19.76%), Net Carbohydrates: 56.37g (20.5%), Sugar: 50.73g (56.37%), Cholesterol: 121.85mg (40.62%), Sodium: 193.26mg (8.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.36%), Vitamin C: 55.9mg (67.76%), Vitamin A: 1133.38IU (22.67%), Manganese: 0.44mg (22.17%), Fiber: 2.91g (11.65%), Vitamin B2: 0.18mg (10.8%), Potassium: 320.17mg (9.15%), Vitamin K: 9.45µg (9%), Phosphorus: 88.84mg (8.88%), Folate: 33.6µg (8.4%), Vitamin B6: 0.17mg (8.25%), Vitamin E: 1.23mg (8.21%), Selenium: 5.46µg (7.79%), Vitamin D: 0.93µg (6.23%), Calcium: 59.43mg (5.94%), Magnesium: 23.45mg (5.86%), Vitamin B5: 0.51mg (5.12%), Iron: 0.91mg (5.04%), Copper: 0.1mg (4.95%), Vitamin B1: 0.06mg (4.31%), Vitamin B3: 0.75mg (3.73%), Zinc: 0.5mg (3.35%), Vitamin B12: 0.19µg (3.22%)