



WHATSheATE



Lemon Pound Cake

READY IN



145 min.

SERVINGS



12

CALORIES



201 kcal

DESSERT

Ingredients

- ☐ 3 oz cream cheese softened
- ☐ 3 eggs
- ☐ 0.3 cup optional: lemon
- ☐ 1 tablespoon lemon zest grated
- ☐ 1 cup water
- ☐ 1 box cake mix yellow

Equipment

- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks
- ☐ microwave

Directions

- ☐ Heat oven to 325F. Generously spray bottom only of 9x5-inch loaf pan with baking spray with flour.
- ☐ In medium bowl, beat cake mix, cream cheese, water, grated lemon peel and eggs with electric mixer on low speed 1 minute, scraping bowl frequently, then on medium speed 2 minutes, scraping bowl occasionally.
- ☐ Pour into pan.
- ☐ Bake 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes.
- ☐ Remove from pan to cooling rack or heatproof serving plate. Cool completely, about 1 hour.
- ☐ In small microwavable bowl, microwave frosting uncovered on High 10 to 15 seconds or until frosting is thin enough to drizzle; stir. Spoon frosting evenly over cake, allowing frosting to drip down sides.

Nutrition Facts



Properties

Glycemic Index:4.38, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:4.7517391961554%

Flavonoids

Eriodictyol: 0.94mg, Eriodictyol: 0.94mg, Eriodictyol: 0.94mg, Eriodictyol: 0.94mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Myricetin: 0.02mg,

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 200.6kcal (10.03%), Fat: 4.7g (7.23%), Saturated Fat: 2.48g (15.47%), Carbohydrates: 36.47g (12.16%), Net Carbohydrates: 35.77g (13.01%), Sugar: 19.09g (21.21%), Cholesterol: 48.08mg (16.03%), Sodium: 352.63mg (15.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.94%), Phosphorus: 163.69mg (16.37%), Calcium: 106.35mg (10.64%), Vitamin B2: 0.17mg (9.85%), Folate: 35.66µg (8.91%), Selenium: 5.3µg (7.57%), Vitamin B1: 0.11mg (7.17%), Iron: 1.13mg (6.26%), Vitamin B3: 1.02mg (5.09%), Manganese: 0.09mg (4.37%), Vitamin E: 0.58mg (3.87%), Vitamin B5: 0.38mg (3.76%), Vitamin C: 2.99mg (3.62%), Vitamin A: 155.81IU (3.12%), Vitamin B6: 0.06mg (3.01%), Fiber: 0.69g (2.77%), Vitamin B12: 0.16µg (2.61%), Copper: 0.05mg (2.27%), Zinc: 0.3mg (2%), Magnesium: 6.89mg (1.72%), Potassium: 51.68mg (1.48%), Vitamin D: 0.22µg (1.47%), Vitamin K: 1.43µg (1.36%)