



Lemon Pound Cake I

READY IN



45 min.

SERVINGS



6

CALORIES



499 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 cup cake flour
- 1 tablespoon plus
- 3 eggs
- 0.3 teaspoon ground nutmeg
- 0.5 juice of lemon juiced
- 2 tablespoons milk powder dry
- 0.3 teaspoon salt
- 1 cup butter unsalted

- 0.5 teaspoon vanilla extract
- 0.8 cup sugar white

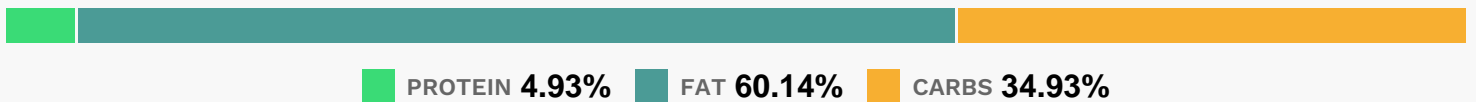
Equipment

- oven
- loaf pan
- toothpicks

Directions

- Allow butter to reach room temperature. Cream sugar and butter together until light and fluffy.
- Add eggs one at a time and mix well.
- Add in flour, powdered milk, and corn syrup. Beat each in well.
- Add juice of half a lemon, salt, vanilla, nutmeg and mace. Make sure everything is well blended, and pour into a greased loaf pan.
- Bake at 325 degrees F (165 degrees C) for 45 minutes, checking for doneness by inserting a toothpick and seeing if it comes out clean. You almost want to underbake this.

Nutrition Facts



Properties

Glycemic Index:60.52, Glycemic Load:28.31, Inflammation Score:-5, Nutrition Score:6.1547826373059%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg 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: 499.08kcal (24.95%), Fat: 33.92g (52.18%), Saturated Fat: 20.61g (128.84%), Carbohydrates: 44.32g (14.77%), Net Carbohydrates: 43.79g (15.92%), Sugar: 29.02g (32.25%), Cholesterol: 165.61mg (55.2%), Sodium: 179.91mg (7.82%), Alcohol: 0.11g (100%), Alcohol %: 0.13% (100%), Protein: 6.26g (12.52%), Selenium: 15.99µg

(22.84%), Vitamin A: 1088.26IU (21.77%), Phosphorus: 99.95mg (9.99%), Vitamin B2: 0.16mg (9.49%), Manganese: 0.18mg (8.92%), Vitamin D: 1.27µg (8.47%), Vitamin E: 1.21mg (8.07%), Calcium: 68.04mg (6.8%), Vitamin B12: 0.34µg (5.69%), Vitamin B5: 0.53mg (5.3%), Folate: 19.84µg (4.96%), Zinc: 0.6mg (4.01%), Iron: 0.65mg (3.59%), Copper: 0.07mg (3.26%), Magnesium: 11.2mg (2.8%), Potassium: 97.51mg (2.79%), Vitamin B6: 0.06mg (2.76%), Vitamin K: 2.83µg (2.7%), Vitamin B1: 0.04mg (2.5%), Fiber: 0.53g (2.1%), Vitamin C: 1.18mg (1.44%), Vitamin B3: 0.26mg (1.31%)