



Lemon Pound Cake with Berries and Whipped Cream

READY IN



45 min.

SERVINGS



10

CALORIES



754 kcal

DESSERT

Ingredients

- ☐ 3 cups all purpose flour sifted (, then measured)
- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 pint blackberries fresh
- ☐ 5 large eggs
- ☐ 6 tablespoons juice of lemon fresh
- ☐ 2 tablespoons lemon zest grated
- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup solid vegetable shortening room temperature

- ☐ 4 cups strawberries hulled halved
- ☐ 3.3 cups sugar divided
- ☐ 1 cup butter unsalted room temperature (2 sticks)
- ☐ 10 servings whipped cream
- ☐ 1 cup milk whole

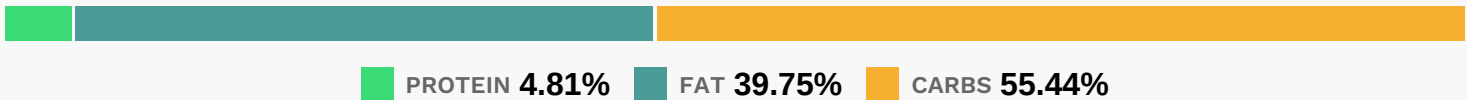
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 325°F. Butter and flour two 9x5x2 3/4-inch metal loaf pans. Line pan bottoms with waxed paper. Sift flour, baking powder, and salt into medium bowl. Using electric mixer, beat 3 cups sugar, butter, and shortening in large bowl until well blended.
- ☐ Add eggs 1 at a time, beating to blend after each. Beat in dry ingredients in 3 additions alternately with milk in 2 additions. Beat in lemon juice and lemon peel. Divide batter between prepared pans.
- ☐ Bake cakes until tester inserted into center comes out clean, about 55 minutes. Cool cakes in pans 15 minutes. Turn cakes out onto racks; peel off paper. Cool completely.
- ☐ Combine strawberries, blackberries, and remaining 1/3 cup sugar in small bowl and toss gently to blend.
- ☐ Let stand until juices form, at least 30 minutes and up to 2 hours.
- ☐ Cut 1 cake crosswise into slices.
- ☐ Serve with berries and whipped cream.

Nutrition Facts



Properties

Glycemic Index:39.51, Glycemic Load:70.21, Inflammation Score:-7, Nutrition Score:17.409565075584%

Flavonoids

Cyanidin: 48.26mg, Cyanidin: 48.26mg, Cyanidin: 48.26mg, Cyanidin: 48.26mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.53mg, Pelargonidin: 14.53mg, Pelargonidin: 14.53mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 19.33mg, Catechin: 19.33mg, Catechin: 19.33mg, Catechin: 19.33mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 2.45mg, Epicatechin: 2.45mg, Epicatechin: 2.45mg, Epicatechin: 2.45mg Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 754.3kcal (37.72%), Fat: 34.16g (52.56%), Saturated Fat: 16.37g (102.29%), Carbohydrates: 107.21g (35.74%), Net Carbohydrates: 102.39g (37.23%), Sugar: 73.8g (82%), Cholesterol: 149.29mg (49.76%), Sodium: 352.4mg (15.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.3g (18.6%), Vitamin C: 48.84mg (59.2%), Manganese: 0.8mg (39.85%), Selenium: 22µg (31.43%), Folate: 108.85µg (27.21%), Vitamin B1: 0.35mg (23.31%), Vitamin B2: 0.38mg (22.63%), Fiber: 4.83g (19.32%), Vitamin A: 892.21IU (17.84%), Phosphorus: 176.82mg (17.68%), Vitamin K: 18.05µg (17.19%), Iron: 2.91mg (16.14%), Calcium: 157.62mg (15.76%), Vitamin E: 2.23mg (14.85%), Vitamin B3: 2.81mg (14.07%), Vitamin B5: 0.97mg (9.7%), Copper: 0.19mg (9.48%), Potassium: 303.07mg (8.66%), Magnesium: 33.29mg (8.32%), Vitamin D: 1.13µg (7.55%), Zinc: 1.07mg (7.16%), Vitamin B12: 0.41µg (6.84%), Vitamin B6: 0.12mg (6.23%)