



Lemon Pound Cake with Cherry Compote

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



316 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup butter softened
- ☐ 2 teaspoons cornstarch
- ☐ 2 large eggs
- ☐ 3 cups flour all-purpose ()
- ☐ 1 teaspoon mint leaves fresh chopped

- ☐ 0.3 cup granulated sugar
- ☐ 2 cups granulated sugar
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon zest fresh grated
- ☐ 1 cup buttermilk low-fat
- ☐ 1 tablespoon powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds cherries sweet pitted
- ☐ 2 tablespoons water

Equipment

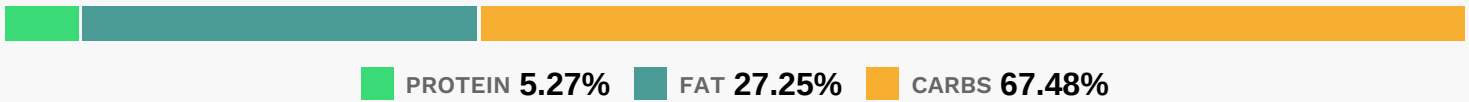
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare the cake, coat a 10-inch tube pan with cooking spray; dust with 2 tablespoons flour.
- ☐ Lightly spoon remaining 3 cups flour into dry measuring cups; level with a knife.
- ☐ Combine 3 cups flour, baking powder, baking soda, and salt in a bowl, stirring well with a whisk.

- ☐ Combine 2 cups granulated sugar and butter in a large bowl; beat with a mixer at medium speed until light and fluffy.
- ☐ Add eggs, 1 at a time, beating well after each addition.
- ☐ Add flour mixture to sugar mixture alternately with buttermilk, beating at low speed, beginning and ending with the flour mixture.
- ☐ Add rind, juice, and mint; beat just until blended.
- ☐ Spoon batter into prepared pan; sharply tap the pan once on counter to remove air bubbles.
- ☐ Bake at 350 for 45 minutes or until a wooden pick inserted in the center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on a wire rack. Sift powdered sugar over top of cake.
- ☐ Cut cake into 16 slices.
- ☐ To prepare compote, combine cherries, 1/4 cup granulated sugar, 2 tablespoons water, and cornstarch in a medium saucepan; bring to a boil. Cook 1 minute, stirring constantly.
- ☐ Remove from heat; stir in extract. Cool.
- ☐ Serve with cake.

Nutrition Facts



Properties

Glycemic Index:23.7, Glycemic Load:34, Inflammation Score:-4, Nutrition Score:5.8969565137573%

Flavonoids

Cyanidin: 12.85mg, Cyanidin: 12.85mg, Cyanidin: 12.85mg, Cyanidin: 12.85mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 0.64mg, Peonidin: 0.64mg, Peonidin: 0.64mg, Peonidin: 0.64mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 315.76kcal (15.79%), Fat: 9.8g (15.07%), Saturated Fat: 5.82g (36.36%), Carbohydrates: 54.6g (18.2%), Net Carbohydrates: 53.02g (19.28%), Sugar: 34.91g (38.79%), Cholesterol: 46.73mg (15.58%), Sodium: 260.3mg (11.32%), Alcohol: 0.02g (100%), Alcohol %: 0.02% (100%), Protein: 4.26g (8.53%), Selenium: 10.46µg (14.94%), Vitamin B1: 0.2mg (13.63%), Folate: 49.22µg (12.3%), Vitamin B2: 0.19mg (11.25%), Manganese: 0.19mg (9.69%), Iron: 1.44mg (7.98%), Phosphorus: 73.79mg (7.38%), Vitamin B3: 1.47mg (7.36%), Vitamin A: 334.55IU (6.69%), Fiber: 1.58g (6.31%), Calcium: 62.96mg (6.3%), Vitamin C: 4.7mg (5.7%), Potassium: 157.63mg (4.5%), Copper: 0.07mg (3.44%), Vitamin B5: 0.34mg (3.41%), Magnesium: 12.85mg (3.21%), Vitamin E: 0.37mg (2.46%), Vitamin B6: 0.05mg (2.46%), Zinc: 0.35mg (2.35%), Vitamin B12: 0.11µg (1.78%), Vitamin K: 1.74µg (1.66%)