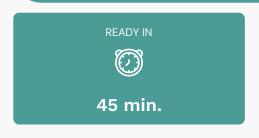
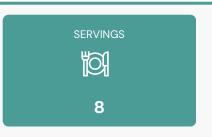


# **Lemon Pound Cake with Fruit Compote**







DESSERT

## Ingredients

2 teaspoons double-acting baking powder
2 large eggs
1.7 cups flour all-purpose
1 cup granulated sugar
0.3 cup juice of lemon fresh
2 tablespoons lemon zest grated
10 oz karo syrup frozen
0.3 teaspoon salt

0.3 lb butter unsalted at room temperature

	8 servings whipped cream	
	0.5 cup milk whole	
_	•	
Equipment		
	bowl	
	frying pan	
	baking sheet	
	sauce pan	
	oven	
	loaf pan	
	hand mixer	
	toothpicks	
	spatula	
Di	Directions	
	Position a rack in center of oven. Preheat oven to 350F. Grease and flour an 8-by-4-inch load pan. Sift flour, baking powder and salt together twice.	
	Using an electric mixer, beat 3/4 cup sugar and butter on medium-high speed until fluffy, about 2 minutes. Beat in eggs one at a time, beating well after each. Beat in milk and lemon peel (batter will look curdled).	
	Add dry ingredients and beat on low speed just until combined, scraping down side of bowl.	
	Transfer to pan and smooth top with a rubber spatula.	
	Bake loaf until a cake tester comes out clean, 50 to 55 minutes.	
	Let cake cool in pan for 10 minutes; turn cake out onto rack set over a baking sheet.	
	In a small saucepan, cook remaining 1/4 cup sugar and juice over medium heat, stirring, to dissolve sugar. Prick top of cake all over about 1 inch deep with a toothpick.	
	Brush glaze onto cake.	
	Let cake cool completely.	
	Puree raspberries with syrup; serve with cake alongside ice cream, if desired.	

### **Nutrition Facts**

PROTEIN 5.65% FAT 32.66% CARBS 61.69%

### **Properties**

Glycemic Index:42.01, Glycemic Load:41.57, Inflammation Score:-5, Nutrition Score:9.3452174663544%

#### **Flavonoids**

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

#### Nutrients (% of daily need)

Calories: 552.08kcal (27.6%), Fat: 20.79g (31.99%), Saturated Fat: 12.48g (78.01%), Carbohydrates: 88.36g (29.45%), Net Carbohydrates: 87.01g (31.64%), Sugar: 61.15g (67.94%), Cholesterol: 107.85mg (35.95%), Sodium: 282.67mg (12.29%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 8.09g (16.18%), Vitamin B2: 0.38mg (22.18%), Selenium: 14.46µg (20.65%), Calcium: 202.69mg (20.27%), Vitamin B1: 0.25mg (16.56%), Phosphorus: 163.68mg (16.37%), Folate: 58.98µg (14.74%), Vitamin A: 725.5IU (14.51%), Manganese: 0.19mg (9.49%), Iron: 1.63mg (9.06%), Vitamin B3: 1.66mg (8.29%), Vitamin B12: 0.48µg (7.92%), Vitamin B5: 0.78mg (7.76%), Vitamin C: 5.28mg (6.4%), Potassium: 213.7mg (6.11%), Zinc: 0.88mg (5.9%), Fiber: 1.35g (5.4%), Vitamin D: 0.76µg (5.08%), Magnesium: 19.54mg (4.88%), Vitamin E: 0.7mg (4.64%), Vitamin B6: 0.08mg (4.01%), Copper: 0.07mg (3.43%), Vitamin K: 1.35µg (1.29%)