



## Lemon Pound Cake with Fruit Compote

READY IN



45 min.

SERVINGS



8

CALORIES



552 kcal

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

## Directions

- ☐ Position a rack in center of oven. Preheat oven to 350F. Grease and flour an 8-by-4-inch loaf 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: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg 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 %: 0% (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%)