



WHATSheATE



Lemon Pound Cake with Mint Berries and Cream

READY IN



45 min.

SERVINGS



8

CALORIES



900 kcal

DESSERT

Ingredients

- ☐ 0.8 cup butter softened
- ☐ 3 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 12 ounce lemon curd
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated
- ☐ 8 servings garnish: mint sprigs fresh
- ☐ 0.3 cup mint leaves loosely packed

- ☐ 3 cups powdered sugar divided
- ☐ 1 quart strawberries fresh sliced
- ☐ 0.3 cup sugar
- ☐ 2.5 cups whipping cream divided

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Process sugar and mint leaves in a food processor until blended.
- ☐ Beat butter at medium speed with an electric mixer 2 minutes or until creamy; gradually add 1 1/2 tablespoons mint mixture and 2 1/2 cups powdered sugar, beating 5 to 7 minutes.
- ☐ Add eggs, 1 at a time, beating just until yellow disappears.
- ☐ Add flour alternately with 1/2 cup whipping cream, beginning and ending with flour. Beat at low speed just until blended after each addition. Stir in lemon rind and lemon juice.
- ☐ Pour batter into an 8 1/2- x 4 1/2-inch greased and floured loafpan.
- ☐ Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes.
- ☐ Remove from pan, and cool on wire rack.
- ☐ Beat remaining 2 cups whipping cream, 1/4 cup powdered sugar, and 1 tablespoon mint mixture at medium speed with electric mixer until stiff peaks form. Fold in lemon curd.
- ☐ Stir together remaining mint mixture, remaining 1/4 cup powdered sugar, and strawberries.
- ☐ Serve pound cake with lemon cream and strawberries.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:29.39, Glycemic Load:20, Inflammation Score:-8, Nutrition Score:16.429130429807%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 899.75kcal (44.99%), Fat: 50.44g (77.6%), Saturated Fat: 31.2g (195.01%), Carbohydrates: 106.7g (35.57%), Net Carbohydrates: 103.36g (37.59%), Sugar: 83.98g (93.31%), Cholesterol: 199.55mg (66.52%), Sodium: 314.55mg (13.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.09g (18.17%), Vitamin C: 72.86mg (88.32%), Vitamin A: 1843.27IU (36.87%), Manganese: 0.65mg (32.66%), Selenium: 16.93µg (24.19%), Vitamin B2: 0.39mg (23.04%), Folate: 87.27µg (21.82%), Vitamin B1: 0.24mg (15.93%), Phosphorus: 141.19mg (14.12%), Fiber: 3.34g (13.36%), Iron: 2.14mg (11.88%), Vitamin E: 1.74mg (11.59%), Vitamin D: 1.57µg (10.43%), Vitamin B3: 1.96mg (9.79%), Calcium: 94.39mg (9.44%), Potassium: 327.09mg (9.35%), Vitamin B5: 0.77mg (7.66%), Magnesium: 30.64mg (7.66%), Vitamin B6: 0.13mg (6.51%), Vitamin K: 6.6µg (6.28%), Copper: 0.12mg (6.24%), Vitamin B12: 0.32µg (5.37%), Zinc: 0.8mg (5.36%)