



Lemon Pound Cake with Mixed Berries

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



341 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.5 cup blueberries fresh
- ☐ 0.3 cup butter softened
- ☐ 1 large eggs
- ☐ 2 large egg whites
- ☐ 1 cup flour all-purpose
- ☐ 2 teaspoons flour all-purpose
- ☐ 1 teaspoon lemon extract

- ☐ 1 teaspoon lemon rind grated
- ☐ 0.3 cup vanilla yogurt low-fat
- ☐ 1 cup vanilla yogurt low-fat
- ☐ 10 ounce raspberries in syrup light frozen thawed undrained
- ☐ 1 cup strawberries sliced
- ☐ 0.7 cup sugar

Equipment

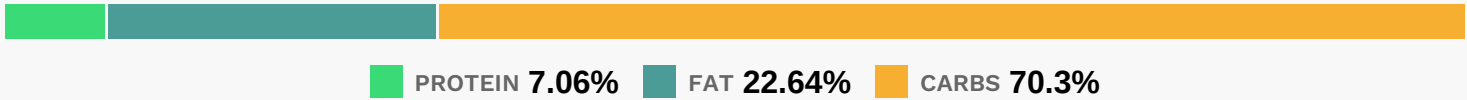
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Coat an 8 x 4-inch loaf pan with cooking spray; dust with 2 teaspoons flour.
- ☐ Lightly spoon 1 cup flour into a dry measuring cup; level with a knife.
- ☐ Combine 1 cup flour and baking powder, stirring with a whisk; set aside.
- ☐ Place sugar and butter in a large bowl; beat with a mixer at high speed until fluffy (about 2 minutes).
- ☐ Add egg whites and egg, beating well after each addition. Beat in rind and extract.
- ☐ Add flour mixture and 1/4 cup yogurt alternately to sugar mixture, beginning and ending with flour mixture; mix well after each addition. Spoon batter into prepared pan.

- ☐ Bake at 350 for 45 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on wire rack; remove from pan. Cool completely on wire rack.
- ☐ To prepare topping, combine berries, tossing well.
- ☐ Cut cake into 8 slices. Top each cake slice with 1/4 cup berry mixture and 2 tablespoons yogurt.

Nutrition Facts



Properties

Glycemic Index:55.26, Glycemic Load:21.43, Inflammation Score:-4, Nutrition Score:6.5234782307044%

Flavonoids

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Nutrients (% of daily need)

Calories: 340.51kcal (17.03%), Fat: 9.05g (13.93%), Saturated Fat: 5.4g (33.73%), Carbohydrates: 63.25g (21.08%), Net Carbohydrates: 62.21g (22.62%), Sugar: 44.95g (49.95%), Cholesterol: 45.5mg (15.17%), Sodium: 147.84mg (6.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.71%), Selenium: 11.19µg (15.98%), Vitamin C: 12.11mg (14.68%), Vitamin B2: 0.24mg (13.87%), Calcium: 109.13mg (10.91%), Manganese: 0.22mg (10.77%), Folate: 42.18µg (10.54%), Vitamin B1: 0.15mg (10.26%), Phosphorus: 93.18mg (9.32%), Vitamin A: 293.85IU (5.88%), Iron: 1.02mg (5.65%), Vitamin B3: 1.12mg (5.6%), Vitamin B12: 0.28µg (4.7%), Potassium: 160.85mg (4.6%), Vitamin B5: 0.44mg (4.39%), Fiber: 1.04g (4.18%), Zinc: 0.56mg (3.76%), Magnesium: 14.49mg (3.62%), Vitamin K: 2.95µg (2.81%), Vitamin E: 0.41mg (2.72%), Copper: 0.05mg (2.5%), Vitamin B6: 0.05mg (2.47%)