



Lemon Sour Cream Pound Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



621 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 1 cup butter softened
- ☐ 6 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 10 servings lemon glaze
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 teaspoon salt
- ☐ 8 ounce cup heavy whipping cream sour

- ☐ 3 cups sugar
- ☐ 0.5 teaspoon vanilla extract

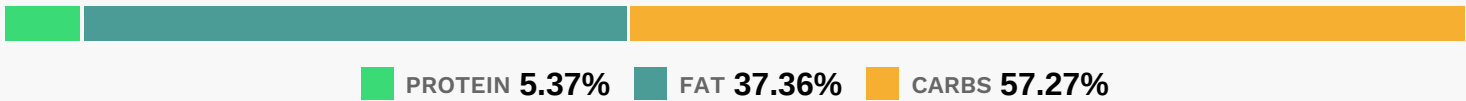
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender

Directions

- ☐ Place first 9 ingredients in a 4-quart mixing bowl (in that order). Beat at low speed with a heavy-duty mixer 1 minute, stopping to scrape down sides. Beat at medium speed 2 minutes. Spoon batter into a greased and floured 10-inch tube pan.
- ☐ Bake at 325 for 1 hour and 30 minutes or until a long wooden pick inserted in center comes out clean. Cool cake in pan on a wire rack 10 minutes; remove from pan, and cool on wire rack.
- ☐ Drizzle evenly with Lemon Glaze.
- ☐ Note: For testing purposes only, we used a Kitchen
- ☐ Aid mixer.

Nutrition Facts



Properties

Glycemic Index:22.06, Glycemic Load:62.71, Inflammation Score:-6, Nutrition Score:9.9869567000348%

Flavonoids

Eriodictyol: 1.64mg, Eriodictyol: 1.64mg, Eriodictyol: 1.64mg, Eriodictyol: 1.64mg Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 621.33kcal (31.07%), Fat: 26.25g (40.39%), Saturated Fat: 14.96g (93.5%), Carbohydrates: 90.54g (30.18%), Net Carbohydrates: 89.32g (32.48%), Sugar: 61.16g (67.95%), Cholesterol: 173.79mg (57.93%), Sodium: 282.63mg (12.29%), Alcohol: 0.07g (100%), Alcohol %: 0.05% (100%), Protein: 8.49g (16.98%), Selenium: 23.38µg (33.4%), Vitamin B2: 0.38mg (22.45%), Folate: 86.14µg (21.53%), Vitamin B1: 0.32mg (21.04%), Vitamin A: 872.29IU (17.45%), Manganese: 0.27mg (13.61%), Iron: 2.36mg (13.11%), Phosphorus: 123.96mg (12.4%), Vitamin B3: 2.28mg (11.39%), Vitamin B5: 0.74mg (7.43%), Vitamin E: 0.97mg (6.44%), Vitamin C: 5.08mg (6.15%), Vitamin B12: 0.35µg (5.89%), Calcium: 53.44mg (5.34%), Zinc: 0.76mg (5.05%), Fiber: 1.22g (4.87%), Copper: 0.09mg (4.36%), Vitamin B6: 0.08mg (4.23%), Vitamin D: 0.6µg (4%), Magnesium: 15.34mg (3.83%), Potassium: 129.58mg (3.7%), Vitamin K: 2.13µg (2.03%)