

Lemon Yogurt Pound Cake with Lemon Glaze

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



286 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 1 cup powdered sugar
- 1 cup crisco® shortening
- 3 eggs
- 2.3 cups flour all-purpose sifted
- 1 juice of lemon juiced
- 8 ounce optional: lemon
- 16 servings optional: lemon

- 1.5 teaspoons lemon zest grated
- 1 teaspoon salt
- 1.3 cups sugar
- 1 teaspoon vanilla extract

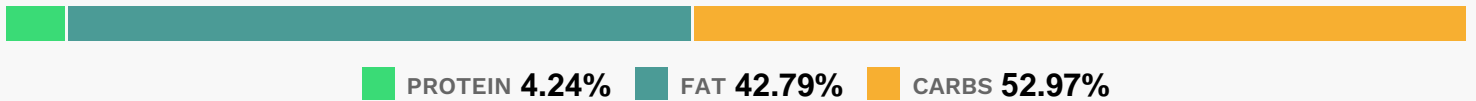
Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks

Directions

- Preheat oven to 325 degrees. Grease a 10-inch tube (or bundt) pan with CRISCO® Shortening. Dust lightly with flour; set aside.
- In the bowl of an electric mixer, combine all ingredients low speed. Beat for 3 minutes at medium speed.
- Pour batter into prepared pan.
- Bake 50 to 60 minutes or until toothpick inserted in center comes out clean.
- In a small bowl, combine lemon juice and confectioners' sugar until smooth.
- Brush over warm cake. (The glaze will be thin and absorbed into cake.)

Nutrition Facts



Properties

Glycemic Index:12.26, Glycemic Load:20.96, Inflammation Score:-2, Nutrition Score:4.8339129945506%

Flavonoids

Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg Hesperetin: 6.18mg, Hesperetin: 6.18mg, Hesperetin: 6.18mg, Hesperetin: 6.18mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg,

Naringenin: 0.14mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 285.74kcal (14.29%), Fat: 13.89g (21.37%), Saturated Fat: 3.5g (21.86%), Carbohydrates: 38.69g (12.9%), Net Carbohydrates: 37.59g (13.67%), Sugar: 23.62g (26.25%), Cholesterol: 30.69mg (10.23%), Sodium: 192.9mg (8.39%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Protein: 3.1g (6.2%), Vitamin C: 12.19mg (14.78%), Selenium: 8.72µg (12.46%), Vitamin B1: 0.15mg (10.19%), Folate: 38.77µg (9.69%), Vitamin B2: 0.13mg (7.87%), Vitamin K: 6.89µg (6.57%), Manganese: 0.13mg (6.53%), Iron: 1.11mg (6.18%), Vitamin E: 0.92mg (6.12%), Vitamin B3: 1.07mg (5.34%), Fiber: 1.09g (4.37%), Phosphorus: 38.89mg (3.89%), Vitamin B5: 0.33mg (3.34%), Copper: 0.04mg (2.07%), Vitamin B6: 0.04mg (2%), Potassium: 62.51mg (1.79%), Magnesium: 6.73mg (1.68%), Zinc: 0.25mg (1.64%), Calcium: 13.6mg (1.36%), Vitamin B12: 0.07µg (1.22%), Vitamin D: 0.17µg (1.1%)