



Lemon-Zucchini Pound Cake

READY IN



225 min.

SERVINGS



16

CALORIES



305 kcal

DESSERT

Ingredients

- 3 cups flour all-purpose
- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.3 teaspoon salt
- 1 cup butter softened
- 2 cups powdered sugar
- 4 eggs
- 0.7 cup milk
- 2 tablespoons juice of lemon

- 2 teaspoons lemon zest grated
- 1 cup zucchini shredded (1 medium)
- 1 cup powdered sugar
- 1 tablespoon butter softened
- 2 tablespoons juice of lemon
- 1 teaspoon lemon zest grated
- 1 tablespoon frangelico

Equipment

- bowl
- frying pan
- sauce pan
- oven
- hand mixer
- toothpicks
- cake form

Directions

- Heat oven to 350°F. Grease 12-cup fluted tube cake pan with shortening; lightly flour.
- In medium bowl, mix flour, baking powder, baking soda and salt with spoon; set aside.
- In large bowl, beat 1 cup butter with electric mixer on medium speed about 2 minutes or until creamy. Beat in 2 cups powdered sugar.
- Add eggs, one at a time, beating well after each addition.
- Add flour mixture to butter mixture alternately with milk, beating well on low speed after each addition. Beat on low speed 1 minute. Stir in lemon juice, lemon peel and zucchini. Spoon into pan.
- Bake 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes in pan.
- Remove from pan onto serving plate. Cool completely, about 1 1/2 hours.

- In 1-quart saucepan, heat all glaze ingredients just to boiling over medium heat, stirring constantly; remove from heat.
- Let stand 30 minutes until slightly thickened.
- Drizzle over cake.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:13.21, Inflammation Score:-5, Nutrition Score:5.8530435121578%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 305.42kcal (15.27%), Fat: 13.76g (21.17%), Saturated Fat: 3.09g (19.33%), Carbohydrates: 41.66g (13.89%), Net Carbohydrates: 40.9g (14.87%), Sugar: 22.9g (25.45%), Cholesterol: 42.14mg (14.05%), Sodium: 243.06mg (10.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.78%), Selenium: 11.67µg (16.68%), Vitamin B1: 0.2mg (13.35%), Folate: 50.87µg (12.72%), Vitamin A: 630.57IU (12.61%), Vitamin B2: 0.2mg (11.65%), Manganese: 0.18mg (8.93%), Iron: 1.36mg (7.53%), Vitamin B3: 1.45mg (7.23%), Phosphorus: 69.59mg (6.96%), Calcium: 43.6mg (4.36%), Vitamin E: 0.62mg (4.12%), Vitamin C: 3.35mg (4.06%), Vitamin B5: 0.34mg (3.44%), Fiber: 0.76g (3.05%), Vitamin B12: 0.17µg (2.8%), Vitamin B6: 0.05mg (2.58%), Zinc: 0.38mg (2.52%), Potassium: 87.03mg (2.49%), Magnesium: 9.89mg (2.47%), Copper: 0.05mg (2.42%), Vitamin D: 0.33µg (2.21%)