



Lemony Pound Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



401 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 1 teaspoon butter flavoring
- ☐ 1 cup buttermilk
- ☐ 1 large eggs
- ☐ 4 egg whites
- ☐ 3 cups flour all-purpose
- ☐ 0.5 teaspoon lemon extract
- ☐ 0.3 teaspoon salt

- ☐ 2.5 cups sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup vegetable oil

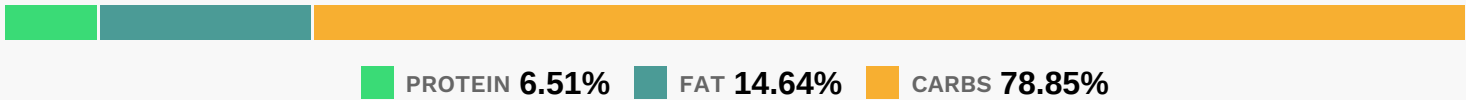
Equipment

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

Directions

- ☐ Beat oil and sugar at medium speed with a mixer 2 minutes.
- ☐ Combine buttermilk and next 5 ingredients, stirring until blended.
- ☐ Combine flour, salt, and soda; add to oil mixture alternately with buttermilk mixture, beginning and ending with flour mixture. Beat at low speed just until blended after each addition.
- ☐ Pour into a greased and floured 10-inch tube pan.
- ☐ Bake at 325 for 1 hour or until a wooden pick inserted in center of cake comes out clean. Cool in pan on a wire rack 10 to 15 minutes; remove from pan, and cool completely on wire rack.
- ☐ Note: Pretty and Pink Pound Cake Loaf: Prepare batter; divide into thirds.
- ☐ Spread one protion into a greased and floured 9- x 5- x 3-inch loafpan. Stir 1/4 cup seedless raspberry jam and, if desired, 2 drops red liquid food coloring into second portion; spread gently over first layer. Spoon remaining batter over top.
- ☐ Bake at 325 for 1 hour and 35 minutes or until a wooden pick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:22.61, Glycemic Load:55.97, Inflammation Score:-3, Nutrition Score:7.3113043463748%

Nutrients (% of daily need)

Calories: 400.55kcal (20.03%), Fat: 6.58g (10.13%), Saturated Fat: 1.59g (9.95%), Carbohydrates: 79.76g (26.59%),
Net Carbohydrates: 78.75g (28.64%), Sugar: 51.33g (57.03%), Cholesterol: 22.32mg (7.44%), Sodium: 142.22mg
(6.18%), Alcohol: 0.14g (100%), Alcohol %: 0.12% (100%), Protein: 6.59g (13.17%), Selenium: 17.84µg (25.49%),
Vitamin B1: 0.31mg (20.55%), Vitamin B2: 0.31mg (18.36%), Folate: 72.67µg (18.17%), Manganese: 0.26mg (13.12%),
Vitamin B3: 2.25mg (11.27%), Iron: 1.87mg (10.4%), Vitamin K: 8.25µg (7.86%), Phosphorus: 72.74mg (7.27%), Fiber:
1.01g (4.05%), Calcium: 37.56mg (3.76%), Vitamin B5: 0.36mg (3.56%), Copper: 0.07mg (3.51%), Magnesium:
12.63mg (3.16%), Vitamin E: 0.46mg (3.07%), Potassium: 100.71mg (2.88%), Zinc: 0.43mg (2.85%), Vitamin B12:
0.17µg (2.78%), Vitamin D: 0.41µg (2.75%), Vitamin B6: 0.03mg (1.72%), Vitamin A: 79.1IU (1.58%)