



Light Marble Pound Cake

READY IN



135 min.

SERVINGS



10

CALORIES



385 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 cup butter softened
- 5 eggs
- 3 cups flour all-purpose
- 1 teaspoon juice of lemon
- 1 cup milk
- 0.5 cup apple sauce unsweetened
- 0.3 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract

- 0.5 cup vegetable shortening
- 0.3 cup water
- 0.3 cup sugar white

Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- hand mixer
- toothpicks
- butter knife

Directions

- Preheat oven to 325 degrees F (165 degrees C). Grease a 10-inch tube pan.
- Whisk the flour and baking powder in a bowl until thoroughly combined.
- In a large bowl, beat the butter and vegetable shortening together with an electric mixer until light and fluffy, about 3 minutes.
- Mix in 3 cups of sugar, 1 cup at a time, beating until smooth after each addition, then beat in the eggs, 1 at a time, beating each in well before adding the next. Beat in the applesauce until the liquid ingredients are smooth.
- Mix in the flour mixture, alternating with the milk, and stir in vanilla extract and lemon juice.
- In a bowl, stir the cocoa powder, 1/4 cup of sugar, and water until the sugar has dissolved and the syrup is smooth.
- Pour about 3/4 cup of the pound cake batter into the chocolate mixture, and stir to combine.
- Pour the remaining vanilla cake batter into the prepared tube pan, then pour the chocolate batter over the vanilla batter. With a spoon handle or butter knife, swirl the two batters together a few times (don't overmix) to create a marbled effect.

Bake the cake in the preheated oven until a toothpick inserted into the cake comes out clean, and the sides of the cake pull slightly away from the pan, 70 to 80 minutes. Cool in the pan on a wire rack for 10 minutes, then invert the cake and remove from the pan onto the wire rack to finish cooling completely.

Nutrition Facts

PROTEIN 8.2% **FAT 53.15%** **CARBS 38.65%**

Properties

Glycemic Index:32.51, Glycemic Load:24.68, Inflammation Score:-5, Nutrition Score:9.9804347857185%

Flavonoids

Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 4.88mg, Epicatechin: 4.88mg, Epicatechin: 4.88mg, Epicatechin: 4.88mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 385.23kcal (19.26%), Fat: 23.02g (35.41%), Saturated Fat: 9.77g (61.07%), Carbohydrates: 37.66g (12.55%), Net Carbohydrates: 35.72g (12.99%), Sugar: 7.6g (8.44%), Cholesterol: 109.17mg (36.39%), Sodium: 136.93mg (5.95%), Alcohol: 0.14g (100%), Alcohol %: 0.13% (100%), Caffeine: 4.95mg (1.65%), Protein: 7.99g (15.97%), Selenium: 20.42µg (29.17%), Vitamin B1: 0.32mg (21.63%), Folate: 80.46µg (20.11%), Vitamin B2: 0.33mg (19.62%), Manganese: 0.35mg (17.48%), Iron: 2.49mg (13.82%), Phosphorus: 132.26mg (13.23%), Vitamin B3: 2.32mg (11.6%), Vitamin A: 445.53IU (8.91%), Vitamin E: 1.18mg (7.87%), Copper: 0.16mg (7.83%), Fiber: 1.94g (7.78%), Vitamin B5: 0.69mg (6.86%), Calcium: 66.08mg (6.61%), Magnesium: 25.33mg (6.33%), Vitamin K: 6.61µg (6.3%), Vitamin B12: 0.35µg (5.78%), Zinc: 0.81mg (5.39%), Vitamin D: 0.71µg (4.72%), Potassium: 152.76mg (4.36%), Vitamin B6: 0.08mg (3.77%)