



Mama Gunn's Pound Cake

READY IN



165 min.

SERVINGS



8

CALORIES



1015 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 cup butter
- ☐ 6 large eggs
- ☐ 4 cups flour all-purpose
- ☐ 1 teaspoon lemon extract
- ☐ 0.8 cup milk
- ☐ 1 teaspoon salt
- ☐ 1 cup shortening
- ☐ 1 teaspoon vanilla extract

☐ 3 cups sugar white

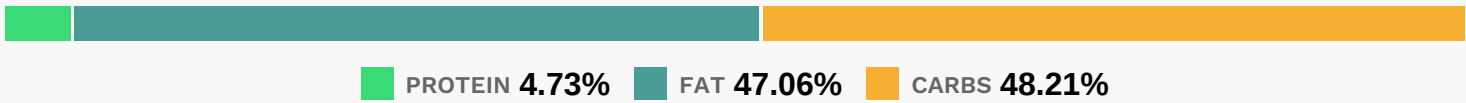
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Grease and flour a 9-inch fluted tube pan (such as a Bundt®).
- ☐ Mix flour, baking powder, and salt together in a bowl; sift the flour mixture twice into a separate bowl. Cream butter, shortening, and sugar in another large bowl until smooth; stir eggs and milk into creamed mixture until thoroughly combined.
- ☐ Gradually mix flour into moist ingredients to make a smooth batter; stir lemon and vanilla extracts into batter. Continue mixing until no sugar granules are visible.
- ☐ Pour batter into prepared tube pan.
- ☐ Bake in the preheated oven until top is springy and cake is set in the center, about 90 minutes.
- ☐ Let cake cool in the pan until sides separate from pan; turn out onto a rack to finish cooling.

Nutrition Facts



Properties

Glycemic Index:40.64, Glycemic Load:87.4, Inflammation Score:-6, Nutrition Score:15.266521640446%

Nutrients (% of daily need)

Calories: 1015.28kcal (50.76%), Fat: 53.79g (82.75%), Saturated Fat: 22.69g (141.79%), Carbohydrates: 123.95g (41.32%), Net Carbohydrates: 122.26g (44.46%), Sugar: 76.34g (84.82%), Cholesterol: 203.25mg (67.75%), Sodium: 591.15mg (25.7%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 12.17g (24.35%), Selenium: 33.87µg (48.39%), Vitamin B1: 0.52mg (35%), Folate: 132.85µg (33.21%), Vitamin B2: 0.54mg (31.53%), Manganese: 0.44mg (22.13%), Iron: 3.68mg (20.42%), Vitamin A: 948.65IU (18.97%), Vitamin B3: 3.76mg (18.78%), Phosphorus: 182.65mg (18.26%), Vitamin E: 2.67mg (17.81%), Vitamin K: 15.99µg (15.23%), Vitamin B5: 1.14mg (11.4%), Calcium: 95.94mg

(9.59%), Vitamin B12: 0.51µg (8.43%), Zinc: 1.05mg (7%), Fiber: 1.69g (6.75%), Vitamin D: 1µg (6.68%), Copper: 0.12mg (6.16%), Magnesium: 21.76mg (5.44%), Vitamin B6: 0.11mg (5.32%), Potassium: 162.15mg (4.63%)