



Mexican Vanilla Pineapple Pound Cake



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



206 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 cup brown sugar
- ☐ 1 cup confectioners' sugar
- ☐ 3 large eggs
- ☐ 0.8 cup granulated sugar
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2 tablespoons milk
- ☐ 0.3 cup pineapple crushed undrained

- ☐ 1 tablespoons pineapple juice
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon butter unsalted melted
- ☐ 0.3 teaspoon mexican vanilla extract

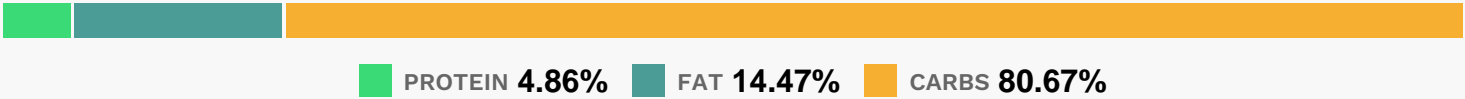
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks
- ☐ baking spatula

Directions

- ☐ Don't preheat the oven yet, because this cake starts in a cold oven. Spray an 8×4 inch (ish) loaf pan with flour-added baking spray. Thoroughly mix together the sifted flour, salt and baking powder; set aside. In a mixing bowl using a hand-held electric mixer, beat the butter and both types of sugar until light and creamy.
- ☐ Add the eggs, one at a time, beating for 30 seconds after each egg. Beat in the milk and vanilla, and then add the pineapple. Using a heavy duty rubber scraper or a big fat spoon, gradually stir in the flour mixture.
- ☐ Pour the batter into the pan and place in a cold oven. Turn heat to 325 F and bake for 50–60 minutes or until top is browned and a toothpick inserted comes out with moist crumbs.
- ☐ Let cool for 10 minutes in the pan. Turn from pan and set upright on a baking rack to cool. Make the icing.
- ☐ Mix together the butter and sugar.
- ☐ Add the lemon juice and 1 tablespoon of pineapple juice and stir until smooth. If icing is still thick, add more pineapple juice. You want it to be a little too thick to drizzle, but not quite thick enough to spread. Stir in the vanilla. Scrape the icing into a heavy duty freezer bag or just a zipper bag. Snip off the bottom corner and pipe the icing over the cake decoratively.

Nutrition Facts



Properties

Glycemic Index:30.76, Glycemic Load:13.33, Inflammation Score:-1, Nutrition Score:2.4465217279351%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 205.81kcal (10.29%), Fat: 3.4g (5.23%), Saturated Fat: 1.56g (9.73%), Carbohydrates: 42.6g (14.2%), Net Carbohydrates: 42.47g (15.44%), Sugar: 41.93g (46.58%), Cholesterol: 73.96mg (24.65%), Sodium: 202.65mg (8.81%), Alcohol: 0.04g (100%), Alcohol %: 0.07% (100%), Protein: 2.57g (5.14%), Selenium: 6.17µg (8.82%), Vitamin B2: 0.1mg (5.91%), Phosphorus: 47.98mg (4.8%), Calcium: 38.23mg (3.82%), Vitamin B12: 0.19µg (3.17%), Vitamin B5: 0.31mg (3.14%), Vitamin A: 156.12IU (3.12%), Vitamin D: 0.44µg (2.95%), Iron: 0.46mg (2.55%), Folate: 9.89µg (2.47%), Vitamin B6: 0.05mg (2.33%), Zinc: 0.28mg (1.85%), Potassium: 57.31mg (1.64%), Vitamin C: 1.36mg (1.64%), Vitamin E: 0.24mg (1.62%), Copper: 0.03mg (1.58%), Vitamin B1: 0.02mg (1.4%), Magnesium: 5.18mg (1.3%), Manganese: 0.02mg (1.07%)