



Mildred's Sour Cream Pound Cake from Scratch

 Vegetarian

READY IN



95 min.

SERVINGS



20

CALORIES



311 kcal

DESSERT

Ingredients

- 0.3 tsp baking soda
- 1 cup butter softened
- 1 cup knudsen cream sour
- 6 eggs
- 3 cups flour
- 3 cups sugar
- 2 Tbsp vanilla

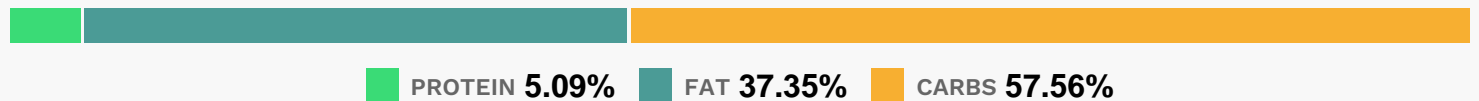
Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- blender
- toothpicks

Directions

- Heat oven to 325F.
- Mix flour and baking soda until blended. Beat butter and sugar in large bowl with mixer until light and fluffy.
- Add eggs, 1 at a time, beating well after each addition. Beat in flour mixture alternately with sour cream. Blend in vanilla.
- Pour into 10-inch tube pan or 12-cup fluted tube pan sprayed with cooking spray.
- Bake 1 hour 20 min. or until toothpick inserted near center comes out clean. Cool cake in pan 10 min. Loosen cake from sides of pan with knife. Invert onto wire rack; gently remove pan. Cool cake completely.

Nutrition Facts



Properties

Glycemic Index:9.75, Glycemic Load:31.3, Inflammation Score:-3, Nutrition Score:4.6426086736762%

Nutrients (% of daily need)

Calories: 310.52kcal (15.53%), Fat: 12.97g (19.96%), Saturated Fat: 7.44g (46.49%), Carbohydrates: 44.99g (15%), Net Carbohydrates: 44.48g (16.17%), Sugar: 30.6g (34%), Cholesterol: 80.29mg (26.76%), Sodium: 111.81mg (4.86%), Alcohol: 0.45g (100%), Alcohol %: 0.66% (100%), Protein: 3.98g (7.96%), Selenium: 11.13µg (15.9%), Vitamin B2: 0.18mg (10.77%), Folate: 41.55µg (10.39%), Vitamin B1: 0.16mg (10.37%), Vitamin A: 426.56IU (8.53%), Manganese:

0.14mg (6.85%), Iron: 1.13mg (6.27%), Phosphorus: 57.93mg (5.79%), Vitamin B3: 1.14mg (5.69%), Vitamin B5: 0.34mg (3.36%), Vitamin E: 0.46mg (3.05%), Vitamin B12: 0.16µg (2.68%), Calcium: 24.99mg (2.5%), Zinc: 0.35mg (2.36%), Copper: 0.04mg (2.08%), Fiber: 0.51g (2.03%), Magnesium: 7.24mg (1.81%), Vitamin B6: 0.04mg (1.8%), Vitamin D: 0.26µg (1.76%), Potassium: 57.9mg (1.65%), Vitamin K: 1.06µg (1.01%)