



Never-Fail Pound Cake

 Vegetarian

READY IN



110 min.

SERVINGS



12

CALORIES



549 kcal

DESSERT

Ingredients

- ☐ 12 servings poached berries for garnish
- ☐ 0.5 cup butter softened 1 stick
- ☐ 3 cups cake flour
- ☐ 5 eggs
- ☐ 2 teaspoons lemon extract
- ☐ 1 cup milk
- ☐ 3 cups sugar
- ☐ 12 servings whipped cream

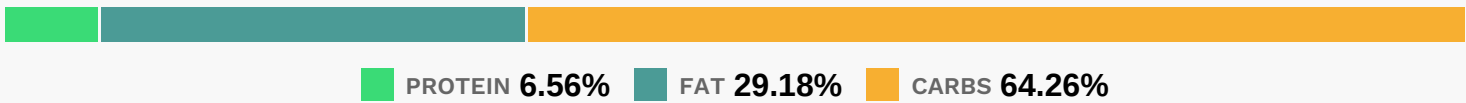
Equipment

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

Directions

- ☐ Special equipment: a 10–inch bundt pan, greased and floured
- ☐ In a large bowl, using a mixer, combine the butter and sugar until creamy.
- ☐ Add the eggs, 1 at a time, beating well after each addition.
- ☐ Add the flour and milk alternately, beginning and ending with the flour. Stir in the lemon extract. Spoon the batter into the prepared pan.
- ☐ Place the pan in a cold oven and set the oven temperature to 325 degrees F.
- ☐ Bake cake for 1 hour. Increase the temperature to 350 degrees F and bake for 30 minutes more.
- ☐ Cool the cake in the pan for 10 minutes, and then turn out onto a wire rack to cool.

Nutrition Facts



Properties

Glycemic Index:23.84, Glycemic Load:59.17, Inflammation Score:-4, Nutrition Score:7.8086956428445%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg,

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Nutrients (% of daily need)

Calories: 548.68kcal (27.43%), Fat: 18.01g (27.71%), Saturated Fat: 10.37g (64.82%), Carbohydrates: 89.25g (29.75%), Net Carbohydrates: 88.01g (32%), Sugar: 65.12g (72.36%), Cholesterol: 120.02mg (40.01%), Sodium: 148.51mg (6.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.12g (18.23%), Selenium: 20µg (28.58%), Vitamin B2: 0.3mg (17.77%), Phosphorus: 158.83mg (15.88%), Manganese: 0.26mg (13.11%), Vitamin A: 647.25IU (12.94%), Calcium: 127.29mg (12.73%), Vitamin B12: 0.55µg (9.11%), Vitamin B5: 0.89mg (8.89%), Zinc: 1.06mg (7.03%), Potassium: 222.2mg (6.35%), Folate: 22.58µg (5.65%), Magnesium: 21.93mg (5.48%), Vitamin E: 0.75mg (5%), Fiber: 1.24g (4.96%), Vitamin D: 0.72µg (4.82%), Vitamin B1: 0.07mg (4.77%), Copper: 0.09mg (4.46%), Vitamin B6: 0.09mg (4.38%), Iron: 0.69mg (3.83%), Vitamin B3: 0.43mg (2.17%), Vitamin K: 1.23µg (1.18%)