



Orange Almond Pound Cake

 Vegetarian

READY IN



130 min.

SERVINGS



30

CALORIES



263 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 pound butter softened
- 6 eggs
- 3 cups flour all-purpose sifted
- 0.3 cup half-and-half
- 3 ounces marzipan
- 0.3 cup milk

- 0.3 cup orange juice
- 3 cups sugar white

Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- toothpicks
- spatula

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 10-inch tube pan.
- Whisk flour, baking powder, and baking soda together in a bowl.
- Beat butter and sugar together in a bowl until creamy.
- Add marzipan.
- Add eggs one at a time, beating well after each addition. Beat half-and-half into butter mixture.
- Stir 1 cup of flour mixture into the butter mixture. Stir in milk.
- Add another 1 cup flour mixture to the butter mixture and stir milk into mixture.
- Add remaining flour mixture and stir in orange juice. Scrape down the sides of the bowl with a spatula and give batter a final mix.
- Pour batter into prepared tube pan.
- Bake in the preheated oven until a toothpick inserted in the center of the cake comes out clean, about 90 minutes.
- Cool cake in the pan for 15 to 20 minutes before turning out onto a wire rack to cool completely.

Nutrition Facts



■ PROTEIN 4.52% ■ FAT 48.45% ■ CARBS 47.03%

Properties

Glycemic Index:12.57, Glycemic Load:21.1, Inflammation Score:-3, Nutrition Score:3.898695639942%

Flavonoids

Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 263.48kcal (13.17%), Fat: 14.44g (22.21%), Saturated Fat: 8.37g (52.29%), Carbohydrates: 31.53g (10.51%), Net Carbohydrates: 31.1g (11.31%), Sugar: 21.64g (24.05%), Cholesterol: 66.51mg (22.17%), Sodium: 146.17mg (6.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.07%), Selenium: 7.38µg (10.54%), Vitamin A: 445.14IU (8.9%), Vitamin B2: 0.13mg (7.68%), Folate: 30.07µg (7.52%), Vitamin B1: 0.11mg (7.35%), Manganese: 0.13mg (6.58%), Vitamin E: 0.8mg (5.33%), Phosphorus: 50.04mg (5%), Iron: 0.82mg (4.57%), Vitamin B3: 0.87mg (4.32%), Calcium: 26.65mg (2.67%), Vitamin B5: 0.24mg (2.38%), Magnesium: 9.01mg (2.25%), Vitamin B12: 0.12µg (2.06%), Copper: 0.04mg (2%), Zinc: 0.28mg (1.88%), Fiber: 0.43g (1.71%), Vitamin C: 1.4mg (1.7%), Potassium: 50.36mg (1.44%), Vitamin D: 0.21µg (1.37%), Vitamin B6: 0.03mg (1.31%), Vitamin K: 1.17µg (1.11%)