

Orange Pound Cake

 Vegetarian

READY IN

ready

140 min.

SERVINGS

servings

20

CALORIES

calories

298 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup buttermilk at room temperature
- ☐ 1 cup confectioners' sugar sifted
- ☐ 4 extra large eggs at room temperature
- ☐ 3 cups flour all-purpose
- ☐ 2.5 cups granulated sugar divided
- ☐ 1 teaspoon kosher salt

- ☐ 0.8 cup orange juice divided freshly squeezed
- ☐ 1.5 tablespoons orange juice freshly squeezed
- ☐ 0.3 cup orange zest grated 6 oranges
- ☐ 0.5 pound butter unsalted at room temperature 2 sticks
- ☐ 1 teaspoon vanilla extract pure

Equipment

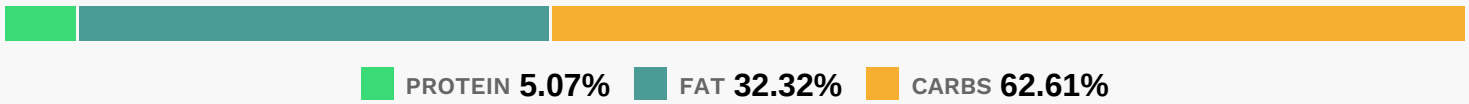
- ☐ bowl
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ loaf pan
- ☐ hand mixer

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oven to 350 degrees. Grease and flour two 8 1/2 x 4 1/2 x 2 1/2-inch loaf pans. Line the bottoms with parchment paper.
- ☐ Cream the butter and 2 cups of the granulated sugar in the bowl of an electric mixer fitted with the paddle attachment for about 5 minutes, or until light and fluffy. With the mixer on medium speed, beat in the eggs, one at a time, and the orange zest.
- ☐ In a large bowl, sift together the flour, baking powder, baking soda, and salt. In another bowl, combine 1/4 cup of the orange juice, the buttermilk, and vanilla.
- ☐ Add the flour and buttermilk mixtures alternately to the batter, beginning and ending with the flour. Divide the batter evenly between the pans, smooth the tops, and bake for 45 minutes to 1 hour, until a cake tester comes out clean.
- ☐ While the cakes bake, cook the remaining 1/2 cup of granulated sugar with the remaining 1/2 cup orange juice in a small saucepan over low heat until the sugar dissolves. When the cakes are done, let them cool for 10 minutes. Take them out of the pans and place them on a baking

- rack set over a tray. Spoon the orange syrup over the cakes and allow the cakes to cool completely.
- ☐ To glaze, combine the confectioners' sugar and orange juice in a bowl, mixing with a wire whisk until smooth.
 - ☐ Add a few more drops of juice, if necessary, to make it pour easily.
 - ☐ Pour over the top of one cake and allow the glaze to dry. Wrap well, and store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:18.6, Glycemic Load:28.53, Inflammation Score:-3, Nutrition Score:5.1526086952375%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 297.68kcal (14.88%), Fat: 10.85g (16.69%), Saturated Fat: 6.38g (39.87%), Carbohydrates: 47.28g (15.76%), Net Carbohydrates: 46.58g (16.94%), Sugar: 32.27g (35.86%), Cholesterol: 67.03mg (22.34%), Sodium: 181.75mg (7.9%), Alcohol: 0.07g (100%), Alcohol %: 0.09% (100%), Protein: 3.83g (7.66%), Selenium: 10.45µg (14.93%), Vitamin B1: 0.17mg (11.19%), Folate: 44.02µg (11%), Vitamin B2: 0.17mg (10.23%), Vitamin C: 7.46mg (9.05%), Vitamin A: 386.58IU (7.73%), Manganese: 0.14mg (6.77%), Iron: 1.13mg (6.3%), Vitamin B3: 1.19mg (5.93%), Phosphorus: 57.13mg (5.71%), Vitamin D: 0.51µg (3.41%), Vitamin B5: 0.33mg (3.28%), Calcium: 32.18mg (3.22%), Fiber: 0.7g (2.79%), Vitamin E: 0.41mg (2.71%), Vitamin B12: 0.16µg (2.67%), Copper: 0.05mg (2.38%), Zinc: 0.33mg (2.22%), Potassium: 75.89mg (2.17%), Magnesium: 8.16mg (2.04%), Vitamin B6: 0.04mg (1.9%)