



Orange Pound Cake with Fresh Orange Syrup

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



571 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup butter softened
- ☐ 1 cup buttermilk
- ☐ 4 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 10 servings orange syrup fresh
- ☐ 2 teaspoons orange extract
- ☐ 10 servings powdered sugar

- ☐ 0.1 teaspoon salt
- ☐ 2 cups sugar
- ☐ 1 teaspoon vanilla extract

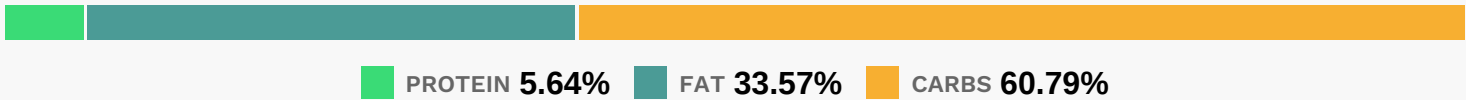
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Beat butter at medium speed with an electric mixer about 2 minutes or until creamy. Gradually add sugar, beating 5 to 7 minutes.
- ☐ Add eggs, 1 at a time, beating just until yellow disappears.
- ☐ Combine flour, baking soda, and salt; add to butter mixture alternately with buttermilk, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Stir in flavorings.
- ☐ Pour batter into a greased and floured 10" tube pan.
- ☐ Bake at 350 for 55 minutes or until a long wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 to 15 minutes; remove from pan, and cool on wire rack.
- ☐ Sprinkle with powdered sugar.
- ☐ Serve with Fresh Orange Syrup.

Nutrition Facts



Properties

Glycemic Index:26.86, Glycemic Load:52.59, Inflammation Score:-7, Nutrition Score:13.443478190381%

Flavonoids

Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 571.31kcal (28.57%), Fat: 21.71g (33.4%), Saturated Fat: 12.82g (80.13%), Carbohydrates: 88.44g (29.48%), Net Carbohydrates: 85.27g (31.01%), Sugar: 57.57g (63.97%), Cholesterol: 125.85mg (41.95%), Sodium: 284.7mg (12.38%), Alcohol: 0.14g (100%), Alcohol %: 0.07% (100%), Protein: 8.2g (16.41%), Vitamin C: 47.88mg (58.04%), Selenium: 20.71µg (29.58%), Folate: 106.91µg (26.73%), Vitamin B1: 0.39mg (26.21%), Vitamin B2: 0.37mg (21.83%), Vitamin A: 917.37IU (18.35%), Manganese: 0.29mg (14.39%), Fiber: 3.17g (12.69%), Vitamin B3: 2.52mg (12.58%), Iron: 2.22mg (12.32%), Phosphorus: 118.57mg (11.86%), Calcium: 86.42mg (8.64%), Vitamin B5: 0.81mg (8.12%), Potassium: 270.03mg (7.72%), Vitamin E: 0.94mg (6.25%), Copper: 0.12mg (5.93%), Vitamin B6: 0.11mg (5.7%), Magnesium: 22.55mg (5.64%), Vitamin B12: 0.33µg (5.45%), Vitamin D: 0.71µg (4.75%), Zinc: 0.7mg (4.67%), Vitamin K: 1.83µg (1.75%)