



Orange-Scented Buttermilk Cake Loaves

READY IN



120 min.

SERVINGS



20

CALORIES



268 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1.3 cups buttermilk at room temperature
- 3.3 cups cake flour for dusting plus more sifted
- 4 large eggs at room temperature (large)
- 2 cups granulated sugar
- 0.5 teaspoon ground cinnamon
- 1.5 teaspoons orange zest finely grated
- 1 teaspoon salt

- 0.5 cup cream sour at room temperature
- 2 sticks butter unsalted softened
- 1.5 teaspoons vanilla extract pure

Equipment

- bowl
- baking sheet
- oven
- whisk
- loaf pan
- stand mixer

Directions

- Preheat the oven to 350°F.
- Spray three 8-by-4-inch loaf pans (disposable are fine) with vegetable oil cooking spray, dust with flour and arrange them on a baking sheet.
- In a medium bowl, whisk the cake flour with the baking powder, baking soda, salt and cinnamon. In the bowl of a stand mixer fitted with the paddle, beat the butter with the sugar and orange zest at medium-high speed until fluffy, about 4 minutes.
- Add the eggs one at a time, beating well between additions and scraping down the side of the bowl. Beat in the sour cream and vanilla. At low speed, beat in the dry ingredients in 3 additions, alternating with the buttermilk and beginning and ending with the dry ingredients; gently fold just until blended.
- Scrape the batter into the prepared pans and smooth the tops; gently tap once to release any air.
- Bake the loaves for about 45 minutes, rotating the baking sheet halfway through, until a cake tester inserted in the center of each loaf comes out with a few moist crumbs attached.
- Transfer the loaves to a rack for 20 minutes, then turn them out onto the rack and set them right side up to cool. Dust with confectioners' sugar, slice and serve.

Nutrition Facts



■ PROTEIN 6.52% ■ FAT 40.3% ■ CARBS 53.18%

Properties

Glycemic Index:13.25, Glycemic Load:23.89, Inflammation Score:-2, Nutrition Score:3.9617391591487%

Nutrients (% of daily need)

Calories: 267.79kcal (13.39%), Fat: 12.13g (18.66%), Saturated Fat: 7.03g (43.96%), Carbohydrates: 36.01g (12%), Net Carbohydrates: 35.48g (12.9%), Sugar: 21.03g (23.37%), Cholesterol: 66.54mg (22.18%), Sodium: 240.85mg (10.47%), Alcohol: 0.1g (100%), Alcohol %: 0.16% (100%), Protein: 4.42g (8.83%), Selenium: 12.14µg (17.34%), Manganese: 0.18mg (8.8%), Vitamin A: 398.14IU (7.96%), Phosphorus: 72.56mg (7.26%), Calcium: 70.72mg (7.07%), Vitamin B2: 0.1mg (5.97%), Vitamin D: 0.56µg (3.76%), Vitamin B5: 0.33mg (3.32%), Folate: 12.89µg (3.22%), Vitamin E: 0.48mg (3.22%), Vitamin B12: 0.19µg (3.15%), Copper: 0.05mg (2.64%), Zinc: 0.39mg (2.61%), Iron: 0.45mg (2.51%), Magnesium: 8.84mg (2.21%), Fiber: 0.53g (2.12%), Vitamin B1: 0.03mg (1.95%), Potassium: 65.78mg (1.88%), Vitamin B6: 0.03mg (1.65%), Vitamin B3: 0.24mg (1.19%)