



Orange Vanilla Yogurt Pound Cake

 Vegetarian

READY IN



105 min.

SERVINGS



8

CALORIES



265 kcal

DESSERT

Ingredients

- ☐ 1.5 cups flour all-purpose
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.8 teaspoon salt
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 0.8 cup granulated sugar
- ☐ 6 oz vanilla yogurt yoplait®
- ☐ 0.5 cup vegetable oil

- ☐ 2 teaspoons orange zest grated
- ☐ 1 teaspoon vanilla
- ☐ 0.5 vanilla pod split
- ☐ 1 cup powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 3 tablespoons orange juice fresh
- ☐ 0.5 vanilla pod split

Equipment

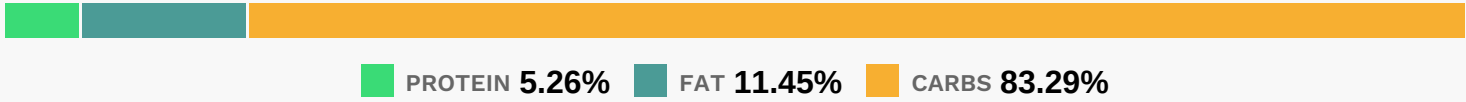
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Heat oven to 350°F. Spray 5- or 6-cup fluted tube cake pan or 8 1/2x4 1/2x2 1/2-inch loaf pan with cooking spray.
- ☐ In small bowl, stir together flour, baking powder, 3/4 teaspoon salt, the cinnamon and nutmeg. Set aside.
- ☐ In medium bowl, beat granulated sugar, yogurt, oil, grated orange peel, vanilla and seeds scraped from 1/2 vanilla bean with whisk until well blended.
- ☐ Add dry ingredients to wet ingredients; stir just until combined.
- ☐ Pour batter into pan.
- ☐ Bake 45 to 50 minutes or until toothpick inserted near center comes out clean. Cool in pan on cooling rack 15 minutes.
- ☐ Remove cake from pan to cooling rack. Cool completely, about 1 hour.

- ☐ In another medium bowl, beat powdered sugar, 1/8 teaspoon salt, the orange juice and seeds scraped from 1/2 vanilla bean with whisk until smooth.
- ☐ Pour glaze over cake.
- ☐ Let stand about 30 minutes or until glaze is set before slicing.

Nutrition Facts



Properties

Glycemic Index:45.51, Glycemic Load:26.63, Inflammation Score:-2, Nutrition Score:5.1691304328649%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 265.29kcal (13.26%), Fat: 3.41g (5.25%), Saturated Fat: 0.64g (4.01%), Carbohydrates: 55.83g (18.61%), Net Carbohydrates: 55.08g (20.03%), Sugar: 37g (41.11%), Cholesterol: 1.06mg (0.35%), Sodium: 375.48mg (16.33%), Alcohol: 0.17g (100%), Alcohol %: 0.21% (100%), Protein: 3.53g (7.06%), Vitamin B1: 0.2mg (13.3%), Selenium: 9.21µg (13.15%), Folate: 47.34µg (11.84%), Calcium: 101.43mg (10.14%), Vitamin B2: 0.17mg (9.87%), Manganese: 0.18mg (8.88%), Phosphorus: 77.32mg (7.73%), Vitamin B3: 1.44mg (7.2%), Iron: 1.26mg (6.99%), Vitamin C: 4.04mg (4.9%), Vitamin K: 5.13µg (4.88%), Fiber: 0.75g (2.99%), Potassium: 87.61mg (2.5%), Magnesium: 9.86mg (2.46%), Zinc: 0.35mg (2.35%), Vitamin B5: 0.23mg (2.35%), Copper: 0.04mg (2.18%), Vitamin B12: 0.11µg (1.88%), Vitamin E: 0.25mg (1.64%), Vitamin B6: 0.02mg (1.18%)