



Peach, pistachio & white chocolate pound cake

 Popular

READY IN



125 min.

SERVINGS



12

CALORIES



505 kcal

DESSERT

Ingredients

- ☐ 250 g butter softened
- ☐ 200 g sugar
- ☐ 300 g flour plain
- ☐ 1 tsp double-acting baking powder
- ☐ 2 tsp vanilla extract
- ☐ 3 large eggs
- ☐ 200 g greek yogurt

- ☐ 200 g chocolate white grated
- ☐ 2 small textured vegetable protein diced
- ☐ 1 chunks chocolate white (see above)
- ☐ 200 g cheese soft
- ☐ 200 g greek yogurt
- ☐ 3 tbsp pistachios finely chopped

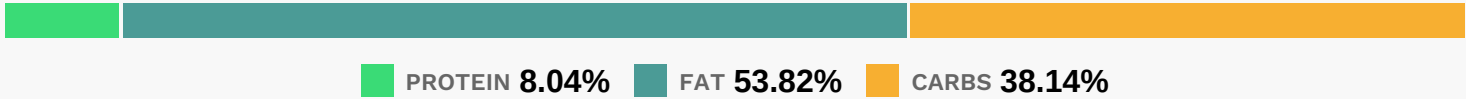
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ cake form
- ☐ skewers

Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ Butter and line the base and sides of a deep 22cm cake tin with baking parchment, then beat the rest of the butter and the sugar together until pale.
- ☐ Add the flour, baking powder, vanilla, eggs, yogurt and grated chocolate. Beat together, then stir in the peaches.
- ☐ Scrape into the tin and bake for 1 hr, until an inserted skewer comes out clean. Cool in the tin.
- ☐ To make the icing, melt the chocolate chunks in a bowl over a pan of barely simmering water, then remove from the heat. Beat the soft cheese in a mixing bowl until smooth, then beat in the yogurt until smooth. Scrape in the melted chocolate and beat again. Chill until ready to use.
- ☐ Swirl the icing over the top of the cake and scatter over the pistachios.

Nutrition Facts



Properties

Glycemic Index:39.34, Glycemic Load:32.76, Inflammation Score:-5, Nutrition Score:9.0143478895011%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 504.64kcal (25.23%), Fat: 30.47g (46.87%), Saturated Fat: 17.89g (111.84%), Carbohydrates: 48.59g (16.2%), Net Carbohydrates: 47.66g (17.33%), Sugar: 28.61g (31.79%), Cholesterol: 113.31mg (37.77%), Sodium: 272.51mg (11.85%), Alcohol: 0.24g (100%), Alcohol %: 0.21% (100%), Protein: 10.23g (20.47%), Selenium: 18.24µg (26.06%), Vitamin B2: 0.37mg (21.99%), Phosphorus: 167.02mg (16.7%), Vitamin A: 826.1IU (16.52%), Vitamin B1: 0.24mg (16.03%), Folate: 58.21µg (14.55%), Calcium: 127.5mg (12.75%), Manganese: 0.2mg (10.25%), Iron: 1.61mg (8.93%), Vitamin B3: 1.73mg (8.66%), Vitamin B12: 0.51µg (8.51%), Vitamin E: 0.98mg (6.53%), Vitamin B5: 0.64mg (6.41%), Potassium: 186.57mg (5.33%), Vitamin B6: 0.1mg (5.25%), Zinc: 0.78mg (5.22%), Copper: 0.09mg (4.49%), Magnesium: 17.05mg (4.26%), Fiber: 0.93g (3.71%), Vitamin K: 3.45µg (3.28%), Vitamin D: 0.25µg (1.67%)