



Peach Preserves Pound Cake

 Vegetarian

READY IN



75 min.

SERVINGS



16

CALORIES



283 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 1 teaspoon baking soda
- ☐ 0.7 cup butter softened
- ☐ 2 tablespoons crystallized ginger finely chopped
- ☐ 1 large egg white
- ☐ 3 large eggs
- ☐ 2 tablespoons flour
- ☐ 3 cups flour all-purpose

- ☐ 0.3 cup granulated sugar
- ☐ 1 cup brown sugar light packed
- ☐ 1 cup buttermilk 1% low-fat ()
- ☐ 1.3 cups peach spread (such as Polaner All Fruit)
- ☐ 16 servings powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ measuring cup
- ☐ kugelhopf pan

Directions

- ☐ Preheat oven to 35
- ☐ Coat a 10-inch Bundt pan with cooking spray; dust with 2 tablespoons flour.
- ☐ Beat butter with a mixer at medium speed until fluffy. Gradually add brown sugar and granulated sugar, beating at medium speed until light and fluffy. Beat in peach spread and ginger.
- ☐ Add eggs and egg white, 1 at a time, beating after each addition.
- ☐ Lightly spoon 3 cups flour into dry measuring cups; level with a knife.
- ☐ Combine flour and salt.
- ☐ Combine buttermilk and baking soda.
- ☐ Add flour mixture and buttermilk mixture alternately to sugar mixture, beginning and ending with flour mixture. Stir in extracts.

- ☐
- Spoon batter into prepared pan.
- ☐
- Bake at 350 for 55 minutes or until a long wooden pick inserted in center of cake comes out clean. Cool in pan 10 minutes; remove from pan, and cool completely on a wire rack. Dust with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:19.4, Glycemic Load:16.06, Inflammation Score:-3, Nutrition Score:5.5169565418492%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 282.57kcal (14.13%), Fat: 9.01g (13.86%), Saturated Fat: 5.29g (33.09%), Carbohydrates: 46.24g (15.41%), Net Carbohydrates: 45.4g (16.51%), Sugar: 27.12g (30.14%), Cholesterol: 55.81mg (18.6%), Sodium: 210.8mg (9.17%), Alcohol: 0.13g (100%), Alcohol %: 0.16% (100%), Protein: 4.63g (9.25%), Selenium: 12.43µg (17.76%), Vitamin B1: 0.2mg (13.58%), Folate: 50.99µg (12.75%), Vitamin B2: 0.2mg (12.05%), Manganese: 0.19mg (9.35%), Iron: 1.45mg (8.07%), Vitamin B3: 1.57mg (7.87%), Vitamin A: 333.26IU (6.67%), Phosphorus: 64.04mg (6.4%), Calcium: 40.79mg (4.08%), Vitamin B5: 0.34mg (3.43%), Fiber: 0.84g (3.35%), Copper: 0.06mg (3.04%), Potassium: 101.05mg (2.89%), Vitamin E: 0.43mg (2.85%), Magnesium: 10.8mg (2.7%), Zinc: 0.4mg (2.65%), Vitamin B12: 0.13µg (2.24%), Vitamin B6: 0.04mg (2.04%), Vitamin D: 0.19µg (1.25%), Vitamin K: 1.14µg (1.09%)