



Pecan Pound Cake

READY IN



45 min.

SERVINGS



10

CALORIES



863 kcal

DESSERT

Ingredients

- ☐ 0.3 cup bourbon
- ☐ 1.5 cups butter softened
- ☐ 8 ounce cream cheese softened
- ☐ 6 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 1.5 cups pecans toasted chopped
- ☐ 0.5 teaspoon salt
- ☐ 3 cups sugar
- ☐ 1.5 teaspoons vanilla extract

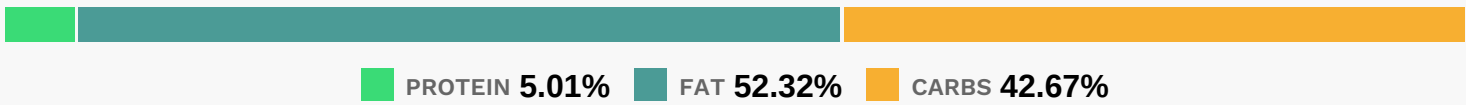
Equipment

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

Directions

- ☐ Beat butter and cream cheese at medium speed with an electric mixer about 2 minutes or until creamy. Gradually add sugar, beating 5 minutes.
- ☐ Add eggs, 1 at a time, beating just until yellow disappears.
- ☐ Combine flour and salt, and add to butter mixture alternately with bourbon, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Stir in vanilla and chopped pecans.
- ☐ Pour batter into a greased and floured 10-inch tube pan.
- ☐ Bake at 325 for 1 hour and 30 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 completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:19.71, Glycemic Load:63, Inflammation Score:-8, Nutrition Score:14.529999870321%

Flavonoids

Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg

Nutrients (% of daily need)

Calories: 863.16kcal (43.16%), Fat: 50.4g (77.53%), Saturated Fat: 12.28g (76.72%), Carbohydrates: 92.5g (30.83%), Net Carbohydrates: 89.92g (32.7%), Sugar: 61.67g (68.52%), Cholesterol: 134.51mg (44.84%), Sodium: 552.64mg (24.03%), Alcohol: 2.21g (100%), Alcohol %: 1.35% (100%), Protein: 10.85g (21.71%), Manganese: 1.01mg (50.38%), Selenium: 24.85µg (35.51%), Vitamin A: 1693.71IU (33.87%), Vitamin B1: 0.42mg (28.22%), Vitamin B2: 0.42mg (24.74%), Folate: 88.7µg (22.18%), Phosphorus: 177.56mg (17.76%), Iron: 2.74mg (15.21%), Copper: 0.28mg (14.09%), Vitamin B3: 2.46mg (12.3%), Vitamin E: 1.82mg (12.11%), Fiber: 2.58g (10.33%), Zinc: 1.51mg (10.09%), Vitamin B5: 0.92mg (9.23%), Magnesium: 34.77mg (8.69%), Calcium: 66.82mg (6.68%), Vitamin B6: 0.12mg (5.89%), Vitamin B12: 0.35µg (5.85%), Potassium: 195.03mg (5.57%), Vitamin D: 0.6µg (4%), Vitamin K: 1.25µg (1.19%)