



Perfect Pound Cake with Vanilla, Butter & Nut Extract

READY IN



60 min.

SERVINGS



8

CALORIES



252 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 1 tablespoons butter melted
- ☐ 5.3 oz cake flour – don't substitute and definitely weight it sifted
- ☐ 4 teaspoons cup heavy whipping cream
- ☐ 3 large eggs room temperature
- ☐ 5.3 oz granulated sugar
- ☐ 3 tablespoons milk
- ☐ 1 cup powdered sugar sifted

- ☐ 0.3 teaspoon salt
- ☐ 1.5 teaspoons mccormick vanilla
- ☐ 0.3 teaspoon really vanilla extract good
- ☐ 0.5 teaspoon regular vanilla extract

Equipment

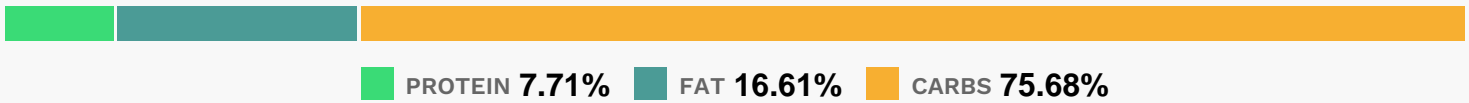
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ aluminum foil
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350°F. Grease an 8 by 4 inch loaf pan and line the bottom with a strip of parchment paper. If you don't have an 8×4 inch loaf pan you can substitute three 3 x 5 inch loaf pans. With the small loaf pans, preheat oven to 325 degrees F. In a mixing bowl or large measuring cup, combine the milk, eggs and extract. Sift the dry ingredients into a large bowl and stir well.
- ☐ Add the butter and half the egg mixture and stir to moisten.
- ☐ Mix on low speed with a handheld mixer, then increase speed to medium and beat for one minute, scraping sides of the bowl. Gradually add the remaining egg mixture in 2 or 3 batches, beating for 20 seconds after each addition to incorporate the ingredients and strengthen the structure. Scrape down the sides. Scrape the batter into the prepared pan (or pans) and smooth the surface with a spatula. The batter should be about ½ inch from the top.

- ☐ Bake 55 to 65 minutes for an 8×4 inch cake, or 45 to 50 minutes at 325 for 3×5 inch cakes. If the cake seems to be browning too quickly, lay a sheet of foil loosely over the top. I've never had to do this.
- ☐ Let the cake (or cakes) cool in the pan on a rack for 10 minutes and invert it onto a greased wire rack. Reinvert so that the top part is upright.
- ☐ Let cool completely, then pour icing over the top. To make the icing, combined melted butter and powdered sugar in a large bowl and stir well.
- ☐ Add the cream about a teaspoon at a time or until batter is thin enough to pour. Stir in some vanilla. Make sure the cake is completely cool before adding icing.

Nutrition Facts



Properties

Glycemic Index:39.64, Glycemic Load:21.92, Inflammation Score:-1, Nutrition Score:3.7152174071449%

Nutrients (% of daily need)

Calories: 251.81kcal (12.59%), Fat: 4.65g (7.16%), Saturated Fat: 2.21g (13.82%), Carbohydrates: 47.71g (15.9%), Net Carbohydrates: 47.26g (17.19%), Sugar: 33.85g (37.61%), Cholesterol: 77.01mg (25.67%), Sodium: 154.07mg (6.7%), Alcohol: 0.39g (100%), Alcohol %: 0.59% (100%), Protein: 4.86g (9.72%), Selenium: 13.54µg (19.35%), Manganese: 0.16mg (7.85%), Phosphorus: 71.01mg (7.1%), Vitamin B2: 0.12mg (6.9%), Calcium: 44.82mg (4.48%), Vitamin B5: 0.4mg (3.99%), Vitamin A: 191.22IU (3.82%), Folate: 15.1µg (3.78%), Vitamin B12: 0.2µg (3.4%), Vitamin D: 0.48µg (3.18%), Iron: 0.56mg (3.11%), Zinc: 0.44mg (2.9%), Copper: 0.05mg (2.55%), Vitamin E: 0.34mg (2.25%), Vitamin B6: 0.04mg (2.17%), Magnesium: 8.02mg (2.01%), Fiber: 0.45g (1.79%), Vitamin B1: 0.03mg (1.75%), Potassium: 58.14mg (1.66%), Vitamin B3: 0.21mg (1.07%)