



## Poppy Seed Pound Cake with Plum Pluit Compote

READY IN



300 min.

SERVINGS



8

CALORIES



504 kcal

DESSERT

### Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 2 cups cake flour sifted (not self-rising; sift before measuring)
- ☐ 3 large eggs warmed
- ☐ 0.5 cup half-and-half 30 minutes at room temperature
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest divided grated
- ☐ 8 servings accompaniment: lightly whipped cream accompaniment: lightly whipped cream sweetened

- ☐ 0.5 teaspoon nutmeg   grated
- ☐ 2 pounds firm-ripe plums and pluots   peeled cut into 1/2-inch wedges
- ☐ 0.3 cup poppy seeds
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar   to taste
- ☐ 1.8 sticks butter   unsalted softened
- ☐ 0.5   vanilla pod

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ loaf pan
- ☐ hand mixer

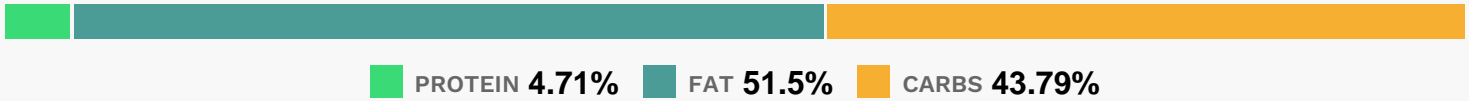
## Directions

- ☐ Preheat oven to 350°F with rack in middle. Butter and flour a 9- by 5-inch loaf pan.
- ☐ Whisk together flour, poppy seeds, baking powder, and salt.
- ☐ Scrape seeds from vanilla bean with tip of a paring knife into a bowl, then add butter and sugar and beat with an electric mixer at medium-high speed until pale and fluffy, about 3 minutes.
- ☐ Add eggs 1 at a time, beating well after each addition. At low speed, add flour mixture in 3 batches, alternating with half-and-half, beginning and ending with flour, and mixing until just incorporated.
- ☐ Spoon batter into loaf pan, smoothing top.
- ☐ Bake until golden-brown and a wooden pick inserted into center comes out with crumbs adhering, 1 to 1 1/4 hours. Cool in pan 30 minutes. Run a knife around edge of cake to loosen,

then invert cake onto a rack. Cool completely, right side up.

- ☐
- Stir together fruit, 3/4 cup sugar, 1/2 teaspoon zest, and lemon juice in a heavy medium saucepan. Simmer, stirring occasionally, until fruit begins to fall apart and liquid is slightly syrupy, about 30 minutes.
- ☐
- Remove from heat and stir in remaining 1/2 teaspoon zest, nutmeg, and more sugar if desired.
- ☐
- Transfer to a bowl to cool.
- ☐
- Serve warm or at room temperature.
- ☐
- Pound cake can be baked 3 days ahead and kept in an airtight container at room temperature. •Compote can be made 1 day ahead and chilled.

## Nutrition Facts



## Properties

Glycemic Index:42.84, Glycemic Load:32.29, Inflammation Score:-7, Nutrition Score:8.7104348773542%

## Flavonoids

Cyanidin: 6.38mg, Cyanidin: 6.38mg, Cyanidin: 6.38mg, Cyanidin: 6.38mg Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg Epicatechin 3–gallate: 0.86mg, Epicatechin 3–gallate: 0.86mg, Epicatechin 3–gallate: 0.86mg, Epicatechin 3–gallate: 0.86mg Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

## Nutrients (% of daily need)

Calories: 504.49kcal (25.22%), Fat: 29.63g (45.59%), Saturated Fat: 17.48g (109.25%), Carbohydrates: 56.68g (18.89%), Net Carbohydrates: 53.67g (19.52%), Sugar: 31.96g (35.52%), Cholesterol: 78.99mg (26.33%), Sodium: 204.79mg (8.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.2%), Manganese: 0.52mg (26.11%), Vitamin A: 1280.98IU (25.62%), Selenium: 13.68µg (19.54%), Vitamin C: 12.08mg (14.64%), Fiber: 3.01g (12.02%), Calcium: 112.26mg (11.23%), Phosphorus: 104.61mg (10.46%), Copper: 0.18mg (9.11%), Vitamin K: 9.28µg (8.84%), Potassium: 260.9mg (7.45%), Magnesium: 29.16mg (7.29%), Vitamin E: 1.09mg (7.27%), Vitamin B1: 0.09mg (6.02%), Vitamin B2: 0.09mg (5.48%), Folate: 20.24µg (5.06%), Zinc: 0.71mg (4.76%), Iron: 0.85mg (4.73%), Vitamin B3: 0.84mg (4.22%), Vitamin B5: 0.37mg (3.74%), Vitamin B6: 0.06mg (3.1%), Vitamin D: 0.37µg (2.47%), Vitamin

B12: 0.07μg (1.18%)