



Pound Cake Batter

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



1050 kcal

Ingredients

- ☐ 1.5 cups buttermilk
- ☐ 4 large eggs
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 32 ounce pound cake mix

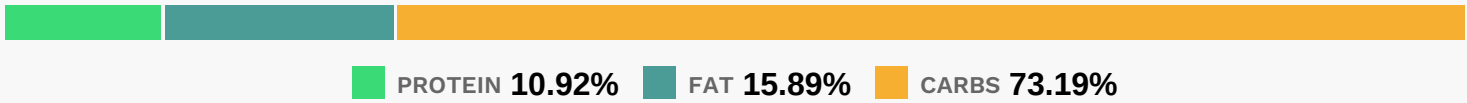
Equipment

- ☐ hand mixer

Directions

Beat all ingredients on low speed with an electric mixer until combined. Increase speed to medium, and beat 3 minutes or until light and fluffy.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:1.82, Inflammation Score:-6, Nutrition Score:29.560000124185%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 1049.98kcal (52.5%), Fat: 18.51g (28.48%), Saturated Fat: 6.8g (42.49%), Carbohydrates: 191.83g (63.94%), Net Carbohydrates: 190.27g (69.19%), Sugar: 117.46g (130.51%), Cholesterol: 569.64mg (189.88%), Sodium: 2104.74mg (91.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.63g (57.27%), Vitamin B2: 1.33mg (78.04%), Selenium: 52.44µg (74.91%), Phosphorus: 649.48mg (64.95%), Vitamin B1: 0.82mg (54.77%), Iron: 9.44mg (52.44%), Folate: 182.46µg (45.61%), Calcium: 387.91mg (38.79%), Manganese: 0.66mg (33.01%), Vitamin B12: 1.87µg (31.18%), Vitamin B3: 6.01mg (30.04%), Vitamin B5: 2.94mg (29.43%), Vitamin D: 3.5µg (23.32%), Vitamin A: 1024.59IU (20.49%), Zinc: 2.87mg (19.1%), Potassium: 568.82mg (16.25%), Vitamin B6: 0.32mg (16.03%), Magnesium: 54.16mg (13.54%), Copper: 0.27mg (13.39%), Vitamin E: 1.53mg (10.21%), Vitamin C: 5.8mg (7.04%), Fiber: 1.56g (6.23%), Vitamin K: 1.16µg (1.11%)