



Pound Cake Squares with Berries

 Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



124 kcal

DESSERT

Ingredients

- ☐ 6 tablespoons butter melted
- ☐ 2 cups poached berries mixed (we used strawberries, raspberries, and blueberries)
- ☐ 2 boxes pound cake mix
- ☐ 1 cup sugar
- ☐ 3 cups whipping cream

Equipment

- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ plastic wrap
- ☐ loaf pan
- ☐ hand mixer
- ☐ broiler
- ☐ serrated knife
- ☐ pastry brush

Directions

- ☐ Bake each pound cake in a loaf pan according to package directions. Allow to cool. Using a large serrated knife, trim crust off all sides of cake to make an even rectangle. Slice the rectangle in half lengthwise, then cut each piece in half lengthwise.
- ☐ Cut each long section crosswise three times to make 16 small squares. Repeat with second loaf.
- ☐ Using a small serrated knife, cut a square from the center of each cube, leaving a 1/2-inch wall around the edges.
- ☐ Remove the cut sections carefully, making sure to leave enough cake on the bottom to hold the filling.
- ☐ Place the squares on an unlined baking sheet.
- ☐ Brush the upper edges of the cake squares with the melted butter using a pastry brush.
- ☐ Place under broiler for a few minutes until lightly toasted, making sure to watch closely — the squares brown quickly.
- ☐ Remove from oven and let cool.
- ☐ These can be made up to 2 days ahead. If storing, pound cake squares can be transferred to airtight containers or placed closely together on a baking sheet and covered with plastic wrap, and stored in the refrigerator.
- ☐ Place the whipping cream in the bowl of an electric mixer and whip until soft peaks form.
- ☐ Add the sugar slowly and whip until slightly stiff.
- ☐ Place a spoonful of whipped cream on each square, topped with sliced and whole berries, and serve.

Nutrition Facts



 **PROTEIN 2.2%**  **FAT 72.46%**  **CARBS 25.34%**

Properties

Glycemic Index:3.75, Glycemic Load:4.36, Inflammation Score:-2, Nutrition Score:1.2891304311545%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Petunidin: 1.76mg, Petunidin: 1.76mg, Petunidin: 1.76mg, Petunidin: 1.76mg Delphinidin: 2.09mg, Delphinidin: 2.09mg, Delphinidin: 2.09mg, Delphinidin: 2.09mg Malvidin: 4.81mg, Malvidin: 4.81mg, Malvidin: 4.81mg, Malvidin: 4.81mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 123.87kcal (6.19%), Fat: 10.27g (15.8%), Saturated Fat: 6.49g (40.54%), Carbohydrates: 8.08g (2.69%), Net Carbohydrates: 7.82g (2.84%), Sugar: 7.73g (8.59%), Cholesterol: 30.92mg (10.31%), Sodium: 23.45mg (1.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.4%), Vitamin A: 398.14IU (7.96%), Vitamin B2: 0.05mg (2.81%), Vitamin D: 0.36µg (2.38%), Vitamin K: 2.49µg (2.37%), Vitamin E: 0.31mg (2.09%), Calcium: 16.24mg (1.62%), Phosphorus: 14.72mg (1.47%), Selenium: 0.75µg (1.07%), Fiber: 0.26g (1.05%)