



Pound Cake Truffles 3 Ways

READY IN



200 min.

SERVINGS



48

CALORIES



278 kcal

DESSERT

Ingredients

- 3 cups unbleached flour all-purpose
- 3 cups granulated sugar
- 1.5 cups butter softened
- 0.5 cup cream sour
- 0.5 cup round cake for apricot brandy pound cake truffles (or apricot brandy)
- 1 teaspoon vanilla
- 0.5 teaspoon salt
- 0.5 teaspoon double-acting baking powder
- 6 eggs

- 0.3 round cake (recipe above)
- 16 oz vanilla frosting
- 0.3 cup apricot preserves
- 0.5 cup pecans finely chopped
- 0.3 round cake (recipe above)
- 16 oz vanilla frosting
- 0.5 cup coconut flakes flaked toasted
- 2 teaspoons lemon zest grated (1 medium)
- 0.3 round cake (recipe above)
- 0.5 cup chocolate frosting dark
- 0.5 cup pistachios finely chopped

Equipment

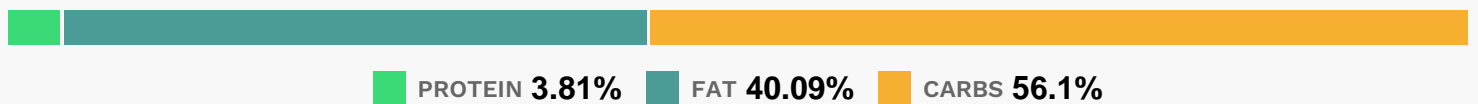
- bowl
- frying pan
- baking sheet
- oven
- wire rack
- hand mixer
- toothpicks
- cake form

Directions

- Heat oven to 325°F. Lightly grease 12-cup fluted tube cake pan with shortening or spray lightly with cooking spray; lightly flour.
- In large bowl, beat Pound Cake ingredients with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 2 minutes, scraping bowl occasionally, until smooth.
- Pour batter into pan.

- Bake about 1 hour 30 minutes or until golden brown on top and toothpick inserted near center comes out clean. Cool in pan on cooling rack 20 minutes.
- Remove from pan to cooling rack. Cool completely, about 1 hour.
- Cut cake into 3 equal portions. Use 1 portion to make each flavor of truffles.
- To make Apricot Brandy Pound Cake Truffles, line cookie sheet with waxed paper. Crumble one-third of pound cake into large bowl.
- Add frosting and preserves; stir until thoroughly combined.
- Roll mixture into 1-inch balls; place on cookie sheet.
- Roll each truffle twice in pecans.
- To make Lemon Toasted Coconut Pound Cake Truffles, line cookie sheet with waxed paper. Crumble one-third of pound cake into large bowl.
- Add frosting, coconut and lemon peel; stir until thoroughly combined.
- Roll mixture into 1-inch balls; place on cookie sheet.
- To make Dark Chocolate Pistachio Pound Cake Truffles, line cookie sheet with waxed paper. Crumble one-third of pound cake into large bowl.
- Add frosting; stir until thoroughly combined.
- Roll mixture into 1-inch balls; place on cookie sheet.
- Roll each truffle twice in pistachios.

Nutrition Facts



Properties

Glycemic Index:7.15, Glycemic Load:17.97, Inflammation Score:-2, Nutrition Score:3.3247825853203%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

0.02mg

Nutrients (% of daily need)

Calories: 277.73kcal (13.89%), Fat: 12.55g (19.31%), Saturated Fat: 3.03g (18.92%), Carbohydrates: 39.52g (13.17%), Net Carbohydrates: 38.87g (14.13%), Sugar: 29.84g (33.16%), Cholesterol: 30.76mg (10.25%), Sodium: 198.59mg (8.63%), Alcohol: 0.03g (100%), Alcohol %: 0.05% (100%), Protein: 2.68g (5.36%), Manganese: 0.18mg (8.98%), Selenium: 6.11µg (8.72%), Vitamin B2: 0.12mg (7.33%), Vitamin A: 320.49IU (6.41%), Phosphorus: 51.33mg (5.13%), Vitamin E: 0.72mg (4.77%), Vitamin B1: 0.05mg (3.48%), Copper: 0.07mg (3.42%), Iron: 0.6mg (3.31%), Folate: 12.02µg (3%), Fiber: 0.65g (2.6%), Vitamin K: 2.59µg (2.47%), Vitamin B6: 0.05mg (2.29%), Magnesium: 8.51mg (2.13%), Calcium: 20.98mg (2.1%), Vitamin B5: 0.21mg (2.09%), Zinc: 0.31mg (2.06%), Potassium: 65.11mg (1.86%), Vitamin B3: 0.34mg (1.68%), Vitamin B12: 0.08µg (1.37%)