



Pound Cake with Balsamic Strawberries and Basil Whipped Cream

 Gluten Free

READY IN



557 min.

SERVINGS



8

CALORIES



383 kcal

DESSERT

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 3 Tbsp basil leaves
- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 8 slices buttermilk pound cake
- ☐ 6 tablespoons powdered sugar
- ☐ 32 oz strawberries fresh sliced

☐ 2 cups whipping cream

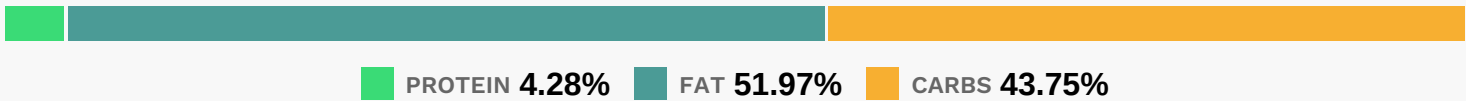
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ hand mixer

Directions

- ☐ Stir together whipping cream and basil in a small bowl; cover and chill 8 to 12 hours.
- ☐ Cook vinegar and brown sugar in a small saucepan over medium heat, stirring constantly, 2 to 3 minutes or until sugar dissolves.
- ☐ Remove from heat, and stir in pepper; cool completely (about 30 minutes).
- ☐ Stir together sliced strawberries and vinegar mixture in a large bowl; cover and let stand 30 minutes.
- ☐ Pour cream mixture through a wire-mesh strainer into a bowl, discarding basil. Beat whipping cream at high speed with an electric mixer until foamy; gradually add powdered sugar, beating until soft peaks form.
- ☐ Serve pound cake slices with strawberry mixture and basil whipped cream.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:3.28, Inflammation Score:-7, Nutrition Score:11.941739092702%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 0.48mg

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Nutrients (% of daily need)

Calories: 382.77kcal (19.14%), Fat: 22.65g (34.84%), Saturated Fat: 13.94g (87.15%), Carbohydrates: 42.89g (14.3%), Net Carbohydrates: 40.42g (14.7%), Sugar: 32.03g (35.59%), Cholesterol: 97.83mg (32.61%), Sodium: 208.08mg (9.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.4%), Vitamin C: 67.46mg (81.77%), Manganese: 0.55mg (27.57%), Vitamin A: 1059.42IU (21.19%), Vitamin K: 14.37µg (13.68%), Vitamin B2: 0.22mg (12.97%), Folate: 45.38µg (11.35%), Phosphorus: 106.04mg (10.6%), Fiber: 2.47g (9.89%), Calcium: 90.79mg (9.08%), Iron: 1.53mg (8.51%), Potassium: 285.71mg (8.16%), Vitamin B1: 0.11mg (7.53%), Selenium: 5.1µg (7.28%), Vitamin D: 1.01µg (6.75%), Vitamin E: 0.97mg (6.45%), Magnesium: 25.4mg (6.35%), Vitamin B3: 1.08mg (5.42%), Vitamin B6: 0.1mg (4.82%), Copper: 0.1mg (4.76%), Vitamin B5: 0.45mg (4.52%), Zinc: 0.48mg (3.22%), Vitamin B12: 0.17µg (2.79%)