

Pound Cake with Grand Marnier-Poached Apricots





Ingredients

- 0.5 teaspoons cream of tartar
 8 ounces apricots dried
 6 large eggs
 3 cups flour all-purpose plus more for pan
 1 " piece ginger peeled sliced
 0.7 cup grand marnier
 - 0.7 cup granulated sugar

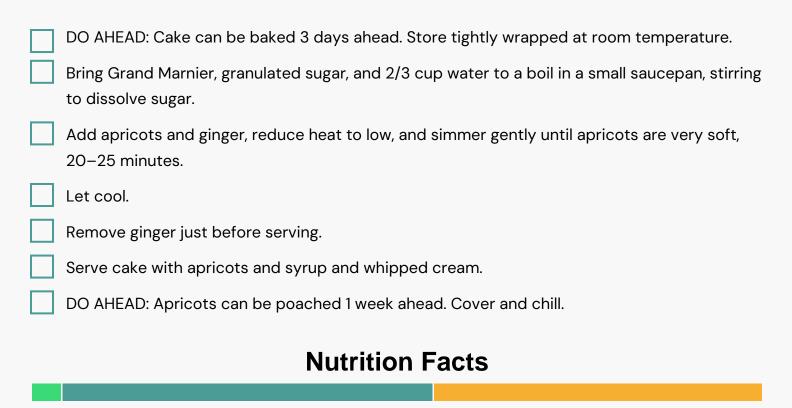
- 0.5 teaspoons ground cardamom
- 0.5 cup heavy cream
- 1 teaspoon kosher salt
- 12 servings lightly whipped cream sweetened (for serving)
- 2 cups caster sugar
- 2 cups butter unsalted plus more for pan room temperature (4 sticks)
- 1 teaspoon vanilla extract

Equipment

bowl
frying pan
sauce pan
oven
whisk
wire rack
hand mixer
spatula

Directions

- Place a rack in middle of oven; preheat to 325°F. Butter and flour pan.
- Whisk salt, cream of tartar, cardamom, and 3 cups flour in a medium bowl.
- Using an electric mixer on high speed, beat 2 cups butter until very light and fluffy, about 5 minutes. Reduce speed to low and gradually add superfine sugar. Increase speed to high and beat until very light and creamy, 6–8 minutes longer.
- Add eggs 1 at a time, beating to blend between additions. Beat in cream and vanilla. Reduce speed to low; gradually add dry ingredients, mixing until mostly combined. Finish mixing with a rubber spatula just until combined. Scrape batter into prepared pan.
- Bake cake, rotating halfway through, until top is golden brown and a tester inserted into the center comes out clean, 70–80 minutes.
 - Transfer pan to a wire rack; let cake cool completely before turning out.



PROTEIN 4.2% 📕 FAT 50.77% 📒 CARBS 45.03%

Properties

Glycemic Index:22.38, Glycemic Load:51.79, Inflammation Score:-8, Nutrition Score:11.310000096974%

Nutrients (% of daily need)

Calories: 765.28kcal (38.26%), Fat: 42.79g (65.83%), Saturated Fat: 26.01g (162.59%), Carbohydrates: 85.38g (28.46%), Net Carbohydrates: 83.12g (30.23%), Sugar: 60.29g (66.99%), Cholesterol: 206.1mg (68.7%), Sodium: 246.02mg (10.7%), Alcohol: 3.52g (100%), Alcohol %: 2.27% (100%), Caffeine: 3.41mg (1.14%), Protein: 7.95g (15.91%), Vitamin A: 2124.87IU (42.5%), Selenium: 19.67µg (28.1%), Vitamin B2: 0.32mg (19.11%), Folate: 72.42µg (18.11%), Vitamin B1: 0.26mg (17.53%), Manganese: 0.3mg (14.82%), Vitamin E: 2.07mg (13.8%), Iron: 2.46mg (13.66%), Vitamin B3: 2.4mg (12.01%), Phosphorus: 112.66mg (11.27%), Potassium: 335.01mg (9.57%), Fiber: 2.26g (9.03%), Vitamin D: 1.23µg (8.17%), Copper: 0.15mg (7.28%), Vitamin B5: 0.69mg (6.86%), Calcium: 56.36mg (5.64%), Vitamin B12: 0.3µg (5.04%), Zinc: 0.69mg (4.61%), Magnesium: 18.26mg (4.56%), Vitamin B6: 0.09mg (4.45%), Vitamin K: 3.72µg (3.54%)