



Pound Cake with Lemon-Basil Glaze

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



282 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 10 tablespoon butter divided softened
- 3 large egg whites
- 3 large eggs
- 10 ounces flour all-purpose
- 3 tablespoons basil fresh chopped
- 1.8 cups granulated sugar divided

- 0.3 cup half-and-half
- 2 tablespoons juice of lemon fresh
- 2 teaspoons lemon rind grated
- 0.5 cup buttermilk low-fat
- 1.5 cups powdered sugar sifted
- 0.3 teaspoon salt
- 1 Dash salt
- 2 teaspoons vanilla extract

Equipment

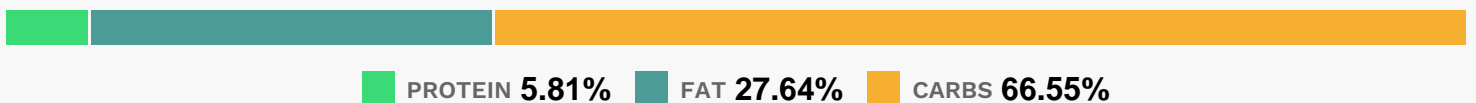
- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- sieve
- blender
- microwave
- measuring cup
- kugelhkopf pan

Directions

- Preheat oven to 32
- To prepare cake, coat a 12-cup Bundt pan with 1 tablespoon butter, and dust with 2 tablespoons granulated sugar.
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and next 3 ingredients (through 1/4 teaspoon salt) in a bowl, stirring well with a whisk.

- Combine 1 1/2 cups granulated sugar and the remaining 9 tablespoons butter in a large bowl; beat with a mixer at medium-high speed until light and fluffy. Beat in rind and extract.
- Add eggs, 1 at a time, beating well after each addition.
- Combine buttermilk and 2 tablespoons juice.
- Add flour mixture and buttermilk mixture alternately to sugar mixture, beginning and ending with flour mixture.
- Place egg whites in a large bowl; beat with a mixer at high speed until soft peaks form, using clean, dry beaters.
- Add remaining 1/4 cup granulated sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently fold one-third of egg white mixture into batter; fold in remaining egg white mixture. Spoon batter into prepared pan.
- Bake at 325 for 55 minutes or until a wooden pick inserted in center comes out clean. Cool cake in pan on a wire rack for 10 minutes.
- Remove cake from pan; cool completely on wire rack.
- To prepare glaze, combine half-and-half and basil in a small microwave-safe bowl; microwave at HIGH for 45 seconds.
- Let stand 5 minutes. Strain mixture through a sieve over a bowl; discard basil.
- Combine half-and-half, powdered sugar, 2 tablespoons juice, and dash of salt; stir with a whisk until smooth.
- Drizzle half of glaze over cake; let stand 5 minutes or until set. Repeat procedure with remaining glaze.

Nutrition Facts



Properties

Glycemic Index:22.32, Glycemic Load:25.12, Inflammation Score:-3, Nutrition Score:4.4708695722663%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 281.98kcal (14.1%), Fat: 8.77g (13.48%), Saturated Fat: 5.13g (32.09%), Carbohydrates: 47.49g (15.83%), Net Carbohydrates: 46.97g (17.08%), Sugar: 33.6g (37.34%), Cholesterol: 55.31mg (18.44%), Sodium: 176.5mg (7.67%), Alcohol: 0.17g (100%), Alcohol %: 0.24% (100%), Protein: 4.15g (8.3%), Selenium: 10.68µg (15.26%), Vitamin B2: 0.19mg (11%), Vitamin B1: 0.15mg (9.87%), Folate: 38.49µg (9.62%), Manganese: 0.13mg (6.57%), Vitamin A: 306.22IU (6.12%), Iron: 1.06mg (5.89%), Phosphorus: 56.89mg (5.69%), Vitamin B3: 1.08mg (5.4%), Calcium: 39.4mg (3.94%), Vitamin B5: 0.28mg (2.78%), Vitamin E: 0.33mg (2.21%), Vitamin K: 2.31µg (2.2%), Vitamin B12: 0.13µg (2.13%), Fiber: 0.52g (2.07%), Zinc: 0.31mg (2.06%), Copper: 0.04mg (1.98%), Magnesium: 7.6mg (1.9%), Potassium: 65.3mg (1.87%), Vitamin B6: 0.03mg (1.54%), Vitamin C: 1.22mg (1.48%), Vitamin D: 0.19µg (1.25%)