



## Pound Cake with Oranges, Honey, and Rosemary

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



199 kcal

DESSERT

### Ingredients

- 0.5 teaspoon rosemary fresh chopped
- 2 tablespoons honey
- 4 oranges
- 10 ounce round cake sliced into pieces

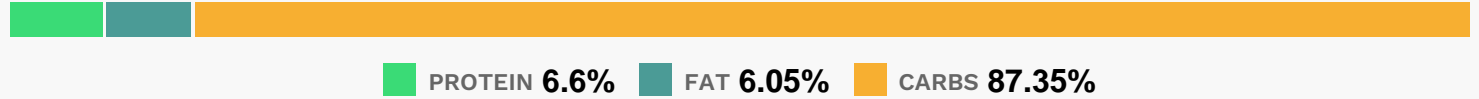
### Equipment

- bowl

## Directions

- Cut away the peel and pith of the oranges and cut out the segments. In a medium bowl, gently combine them with the honey. Spoon the oranges over the cake and sprinkle with the rosemary before serving.

## Nutrition Facts



## Properties

Glycemic Index:15.8, Glycemic Load:6.5, Inflammation Score:-5, Nutrition Score:7.6113043595915%

## Flavonoids

Hesperetin: 23.8mg, Hesperetin: 23.8mg, Hesperetin: 23.8mg, Hesperetin: 23.8mg Naringenin: 13.38mg, Naringenin: 13.38mg, Naringenin: 13.38mg, Naringenin: 13.38mg 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: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

## Nutrients (% of daily need)

Calories: 199.36kcal (9.97%), Fat: 1.38g (2.12%), Saturated Fat: 0.39g (2.45%), Carbohydrates: 44.9g (14.97%), Net Carbohydrates: 42.55g (15.47%), Sugar: 31.25g (34.73%), Cholesterol: 48.19mg (16.06%), Sodium: 294.64mg (12.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.79%), Vitamin C: 46.5mg (56.36%), Vitamin B1: 0.19mg (12.72%), Folate: 48.56µg (12.14%), Vitamin B2: 0.16mg (9.69%), Fiber: 2.35g (9.39%), Iron: 1.4mg (7.79%), Phosphorus: 77.24mg (7.72%), Selenium: 4.79µg (6.85%), Calcium: 68.45mg (6.85%), Manganese: 0.13mg (6.34%), Potassium: 208.55mg (5.96%), Vitamin B3: 1.17mg (5.83%), Vitamin A: 269.51IU (5.39%), Vitamin B5: 0.45mg (4.49%), Vitamin B6: 0.08mg (3.93%), Copper: 0.07mg (3.56%), Magnesium: 14.08mg (3.52%), Zinc: 0.32mg (2.12%), Vitamin B12: 0.11µg (1.89%), Vitamin E: 0.27mg (1.8%)