



Pound Cake with Peaches and Cream

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



248 kcal

DESSERT

Ingredients

- 3 peaches sliced into ¼-inch-thick wedges
- 0.3 cup powdered sugar
- 1 cup heavy whipping cream cold
- 1 round cake store-bought sliced

Equipment

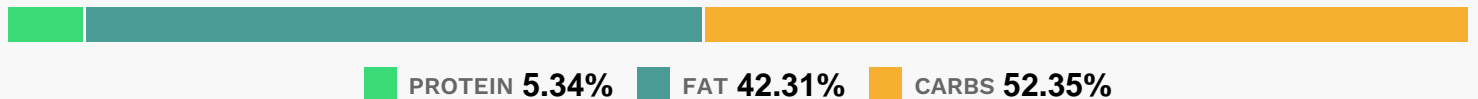
- frying pan
- whisk
- plastic wrap

loaf pan

Directions

- Toss peaches with 1 tablespoon sugar.
- Whisk cream and remaining 1/4 cup sugar until stiff peaks form.
- Line a 5-by-9-inch loaf pan with plastic wrap, leaving a 3-inch overhang on all sides.
- Lay bottom slice of pound cake in pan. Arrange half the peaches on top in a single layer.
- Spread half the whipped cream over peaches, and top with middle slice of pound cake. Repeat with remaining peaches, whipped cream, and slice of pound cake.
- Wrap cake gently with plastic wrap, and freeze for at least 45 minutes.
- Remove cake from pan by using plastic overhangs to lift. Slice cake into 1-inch-thick slices.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:5.03, Glycemic Load:1.95, Inflammation Score:-5, Nutrition Score:5.0113043370454%

Flavonoids

Cyanidin: 1.08mg, Cyanidin: 1.08mg, Cyanidin: 1.08mg, Cyanidin: 1.08mg Catechin: 2.77mg, Catechin: 2.77mg, Catechin: 2.77mg, Catechin: 2.77mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 248.11kcal (12.41%), Fat: 11.9g (18.31%), Saturated Fat: 7.15g (44.71%), Carbohydrates: 33.14g (11.05%), Net Carbohydrates: 32.11g (11.68%), Sugar: 23.02g (25.58%), Cholesterol: 71.87mg (23.96%), Sodium: 249.04mg (10.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.76%), Vitamin A: 678.45IU (13.57%), Vitamin B2: 0.17mg (10.29%), Phosphorus: 81mg (8.1%), Selenium: 5.51µg (7.87%), Vitamin B1: 0.11mg (7.37%), Iron: 1.24mg (6.91%), Vitamin B3: 1.2mg (5.98%), Manganese: 0.11mg (5.68%), Folate: 22.19µg (5.55%), Vitamin E: 0.77mg (5.16%), Calcium: 48.17mg (4.82%), Fiber: 1.03g (4.13%), Potassium: 134.09mg (3.83%), Vitamin D: 0.55µg (3.67%), Copper: 0.07mg (3.53%), Vitamin B5: 0.34mg (3.41%), Vitamin C: 2.48mg (3.01%), Magnesium: 10.71mg (2.68%), Zinc:

0.39mg (2.62%), Vitamin K: 2.71µg (2.59%), Vitamin B12: 0.14µg (2.29%), Vitamin B6: 0.04mg (2.2%)