



Pound Cake with Strawberry Glaze

 Vegetarian

READY IN



86 min.

SERVINGS



16

CALORIES



306 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 6 tablespoons butter softened
- ☐ 0.3 cup canola oil
- ☐ 1 tablespoon cornstarch
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon juice of lemon

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated
- ☐ 0.3 cup milk 2% reduced-fat
- ☐ 0.3 teaspoon salt
- ☐ 1 Dash salt
- ☐ 1 cup cup heavy whipping cream light sour
- ☐ 2 cups strawberries chopped
- ☐ 0.3 cup sugar
- ☐ 2 cups sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.8 cup pastry flour whole-wheat

Equipment

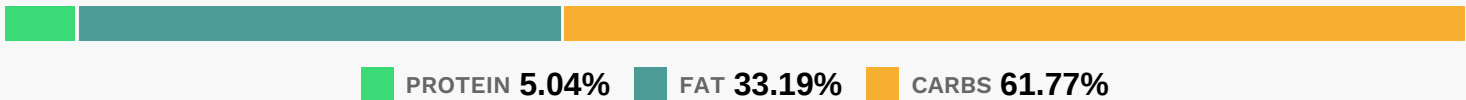
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ sieve
- ☐ blender
- ☐ microwave
- ☐ measuring cup
- ☐ kugelhopf pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 3 ingredients in a large bowl; beat with a mixer at medium speed until light and fluffy.
- ☐ Add eggs, beating until incorporated. Stir in vanilla, lemon rind, and 2 tablespoons lemon juice.

- ☐ Weigh or lightly spoon flours into dry measuring cups; level.
- ☐ Combine flours, powder, soda, and salt.
- ☐ Combine sour cream and milk.
- ☐ Add flour mixture and sour cream mixture alternately to butter mixture, beginning and ending with flour mixture.
- ☐ Spoon batter into a 10-cup Bundt pan coated with baking spray.
- ☐ Bake at 350 for 55 minutes or until a wooden pick inserted in center comes out clean. Cool cake in pan 15 minutes.
- ☐ Remove from pan; cool on wire rack.
- ☐ Combine strawberries and remaining ingredients in a saucepan; bring to a boil. Reduce heat; cook 3 minutes or until thick. Strain through a sieve over a bowl; discard solids.
- ☐ Drizzle glaze over cake.
- ☐ Variation Double-Chocolate Swirl Prepare base recipe through step 3, decreasing granulated sugar to 1 3/4 cups and omitting rind and juice.
- ☐ Combine 1 teaspoon canola oil and 1 ounce chopped bittersweet chocolate in a microwave-safe dish. Microwave at HIGH for 1 minute, stirring every 20 seconds until smooth. Stir in 2 tablespoons unsweetened cocoa.
- ☐ Remove 2 1/2 cups vanilla batter; add to chocolate mixture, and stir. Using 2 ice-cream scoops or 2 large spoons, add batters alternately to a 10-cup Bundt pan coated with baking spray; swirl.
- ☐ Bake at 350 for 50 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 15 minutes.
- ☐ Remove from pan; cool on wire rack.
- ☐ Combine 2/3 cup powdered sugar, 2 tablespoons 2% reduced-fat milk, 1 tablespoon unsweetened cocoa, 1/4 teaspoon vanilla extract, and 1/8 teaspoon salt; stir until smooth.
- ☐ Drizzle glaze over cake.
- ☐ Serves 16 (serving size: 1 slice) CALORIES 311; FAT 7g (sat 8g); SODIUM 124mg

Nutrition Facts



Properties

Glycemic Index:24.82, Glycemic Load:29.46, Inflammation Score:-3, Nutrition Score:6.5952173523281%

Flavonoids

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Nutrients (% of daily need)

Calories: 306.41kcal (15.32%), Fat: 11.56g (17.79%), Saturated Fat: 4.29g (26.78%), Carbohydrates: 48.43g (16.14%), Net Carbohydrates: 47g (17.09%), Sugar: 30.4g (33.77%), Cholesterol: 39.86mg (13.29%), Sodium: 139.65mg (6.07%), Alcohol: 0.04g (100%), Alcohol %: 0.05% (100%), Protein: 3.95g (7.9%), Manganese: 0.41mg (20.46%), Selenium: 11.55µg (16.5%), Vitamin C: 12.13mg (14.71%), Vitamin B1: 0.17mg (11.07%), Folate: 40.84µg (10.21%), Vitamin B2: 0.15mg (8.89%), Vitamin E: 1.15mg (7.7%), Phosphorus: 74.32mg (7.43%), Iron: 1.17mg (6.51%), Vitamin B3: 1.3mg (6.48%), Fiber: 1.42g (5.69%), Calcium: 52.12mg (5.21%), Vitamin A: 218.82IU (4.38%), Vitamin K: 4.34µg (4.14%), Magnesium: 16.49mg (4.12%), Potassium: 114.34mg (3.27%), Copper: 0.06mg (3.22%), Zinc: 0.46mg (3.08%), Vitamin B6: 0.05mg (2.75%), Vitamin B5: 0.24mg (2.44%), Vitamin B12: 0.14µg (2.41%), Vitamin D: 0.15µg (1.02%)