



Pretty and Pink Pound Cake Loaf

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



530 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 1 teaspoon butter flavoring
- ☐ 1 cup buttermilk
- ☐ 1 large eggs
- ☐ 4 egg whites
- ☐ 3 cups flour all-purpose
- ☐ 0.5 teaspoon lemon extract
- ☐ 0.3 cup raspberry jam seedless

- ☐ 0.3 teaspoon salt
- ☐ 2.5 cups sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup vegetable oil

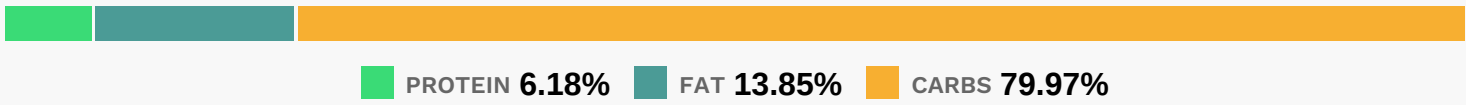
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Combine flour, salt and soda; add to oil mixture alternately with buttermilk mixture, beginning and ending with flour mixture. Beat at low speed just until blended after each addition.
- ☐ Stir 1/4 cup seedless raspberry jam and, if desired, 2 drops red liquid food coloring into second portion; spread gently over first layer. Spoon remaining batter over top.
- ☐ Pour into a greased and floured 10-inch tube pan.
- ☐ Bake at 325 for 1 hour and 35 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Cool in pan on a wire rack 10 to 15 minutes; remove from pan, and cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:35.14, Glycemic Load:73.93, Inflammation Score:-4, Nutrition Score:9.3478260506754%

Nutrients (% of daily need)

Calories: 530.22kcal (26.51%), Fat: 8.24g (12.67%), Saturated Fat: 1.99g (12.45%), Carbohydrates: 107.02g (35.67%), Net Carbohydrates: 105.64g (38.41%), Sugar: 69.31g (77.01%), Cholesterol: 27.89mg (9.3%), Sodium: 181.17mg (7.88%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 8.27g (16.55%), Selenium: 22.51µg (32.16%), Vitamin B1: 0.39mg (25.8%), Vitamin B2: 0.4mg (23.42%), Folate: 92.01µg (23%), Manganese: 0.33mg (16.62%), Vitamin B3:

2.82mg (14.11%), Iron: 2.39mg (13.28%), Vitamin K: 10.32µg (9.82%), Phosphorus: 92.95mg (9.29%), Fiber: 1.38g (5.53%), Copper: 0.1mg (4.92%), Calcium: 49.08mg (4.91%), Vitamin B5: 0.45mg (4.47%), Magnesium: 16.21mg (4.05%), Vitamin E: 0.59mg (3.92%), Potassium: 134.07mg (3.83%), Zinc: 0.54mg (3.61%), Vitamin B12: 0.21µg (3.47%), Vitamin D: 0.51µg (3.43%), Vitamin B6: 0.05mg (2.25%), Vitamin A: 98.87IU (1.98%), Vitamin C: 0.94mg (1.13%)