



Quick and Easy Sweet Potato Pound Cake

 Gluten Free

READY IN



140 min.

SERVINGS



12

CALORIES



299 kcal

Ingredients

- ☐ 16 oz round cake
- ☐ 1 cup sweet potatoes and into cooked mashed
- ☐ 0.5 cup milk
- ☐ 1 teaspoon nutmeg
- ☐ 3 eggs
- ☐ 16 oz cream cheese frosting

Equipment

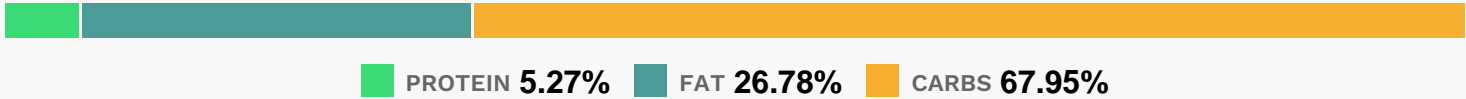
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Heat oven to 350°F. Grease 10–inch angel food (tube) cake pan with shortening; lightly flour.
- ☐ In large bowl, beat cake mix, sweet potatoes, milk, nutmeg and eggs with electric mixer on low speed 1 minute, scraping bowl constantly. Beat on medium speed 3 minutes, scraping bowl occasionally.
- ☐ Spread in pan.
- ☐ Bake 45 to 50 minutes or until toothpick inserted in center comes out clean and cake is golden brown. Cool 10 minutes; remove from pan to wire rack. Cool completely, about 1 hour. Frost cake with frosting.

Nutrition Facts



Properties

Glycemic Index:13.83, Glycemic Load:1.31, Inflammation Score:–7, Nutrition Score:5.7008696237336%

Nutrients (% of daily need)

Calories: 298.72kcal (14.94%), Fat: 9g (13.84%), Saturated Fat: 2.6g (16.25%), Carbohydrates: 51.37g (17.12%), Net Carbohydrates: 50.81g (18.48%), Sugar: 38.93g (43.26%), Cholesterol: 80.7mg (26.9%), Sodium: 333.29mg (14.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.96%), Vitamin A: 1706.64IU (34.13%), Selenium: 7.27µg (10.38%), Vitamin B2: 0.18mg (10.3%), Phosphorus: 90.53mg (9.05%), Iron: 1.35mg (7.52%), Vitamin B1: 0.11mg (7.41%), Folate: 24.28µg (6.07%), Manganese: 0.12mg (6.06%), Calcium: 49.89mg (4.99%), Vitamin B5: 0.48mg (4.77%), Vitamin B3: 0.82mg (4.08%), Vitamin B12: 0.24µg (4.06%), Vitamin B6: 0.07mg (3.4%), Potassium: 119.02mg (3.4%), Copper: 0.06mg (2.87%), Zinc: 0.42mg (2.81%), Vitamin D: 0.41µg (2.72%), Magnesium: 10.53mg (2.63%), Fiber: 0.56g (2.22%), Vitamin E: 0.24mg (1.6%)