



Richard Sax's Whipped Cream Pound Cake

 Vegetarian

READY IN



70 min.

SERVINGS



10

CALORIES



320 kcal

DESSERT

Ingredients

- ☐ 9 ounces all purpose flour – – be sure to aerate it
- ☐ 3 drops almond extract
- ☐ 2 teaspoons double-acting baking powder
- ☐ 4 large eggs
- ☐ 1 cup heavy cream
- ☐ 1 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 1 teaspoon vanilla extract

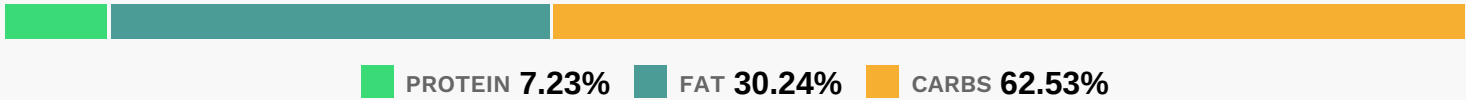
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F. Grease a 10 inch tube pan or spray with flour-added cooking spray.Sift together flour, baking powder and salt. Set aside.Beat cream until thick, then set aside.Beat eggs until foamy. Beat in sugar, vanilla and almond extract. Stir in flour mixture until blended. Fold in whipped cream.
- ☐ Bake in tube pan for about 45–50 minutes. Turn from pan.

Nutrition Facts



Properties

Glycemic Index:23.71, Glycemic Load:35.23, Inflammation Score:-4, Nutrition Score:6.6730434913998%

Nutrients (% of daily need)

Calories: 319.56kcal (15.98%), Fat: 10.84g (16.68%), Saturated Fat: 6.14g (38.37%), Carbohydrates: 50.45g (16.82%), Net Carbohydrates: 49.76g (18.09%), Sugar: 30.83g (34.26%), Cholesterol: 101.29mg (33.76%), Sodium: 353.02mg (15.35%), Alcohol: 0.15g (100%), Alcohol %: 0.19% (100%), Protein: 5.83g (11.66%), Selenium: 15.69µg (22.41%), Vitamin B2: 0.27mg (15.78%), Folate: 57.04µg (14.26%), Vitamin B1: 0.21mg (14.21%), Phosphorus: 98.51mg (9.85%), Iron: 1.66mg (9.24%), Vitamin A: 457.86IU (9.16%), Manganese: 0.18mg (9.14%), Calcium: 78.23mg (7.82%), Vitamin B3: 1.54mg (7.69%), Vitamin D: 0.78µg (5.21%), Vitamin B5: 0.48mg (4.79%), Vitamin B12: 0.22µg (3.6%), Zinc: 0.5mg (3.32%), Vitamin E: 0.44mg (2.96%), Copper: 0.06mg (2.82%), Fiber: 0.69g (2.76%), Vitamin B6: 0.05mg (2.68%), Magnesium: 9.95mg (2.49%), Potassium: 78.96mg (2.26%)