



Ricotta Orange Pound Cake with Strawberries

READY IN



55 min.

SERVINGS



8

CALORIES



523 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons amaretto
- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.8 cup butter plus more to grease the baking pan room temperature
- ☐ 1.5 cups cake flour
- ☐ 3 large eggs
- ☐ 1 teaspoon kosher salt
- ☐ 1 orange zest
- ☐ 1.5 cups milk ricotta cheese whole
- ☐ 1 pint strawberries hulled quartered cut into supremes

- ☐ 1.5 cups sugar
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ sieve
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F. Grease a 9 by 5 by 3-inch loaf pan with butter. In a medium bowl combine the flour, baking powder, and salt. Stir to combine.
- ☐ Using an electric mixer, cream together the butter, ricotta, and sugar until light and fluffy, about 3 minutes. With the machine running, add the eggs 1 at a time.
- ☐ Add the vanilla, orange zest, and Amaretto until combined.
- ☐ Add the dry ingredients, a small amount at a time, until just incorporated.
- ☐ Pour the mixture into the prepared pan and bake until a toothpick comes out clean and the cake is beginning to pull away from the sides of the pan, about 45 to 50 minutes.
- ☐ Let the cake cool in the pan for 10 minutes then transfer to a wire rack to cool completely. Using a mesh sieve, dust the cooled cake with powdered sugar.
- ☐ Meanwhile, place the strawberries (or orange supremes) in a small bowl with the remaining 1 tablespoon sugar.
- ☐ Let sit until the juices have pooled around the strawberries.
- ☐ To serve, slice the cake and serve with a spoonful of strawberries and their juices over the top of the cake.

Nutrition Facts



PROTEIN 8.38% FAT 44.12% CARBS 47.5%

Properties

Glycemic Index:43.26, Glycemic Load:39.24, Inflammation Score:-6, Nutrition Score:10.823478325554%

Flavonoids

Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.7mg, Pelargonidin: 14.7mg, Pelargonidin: 14.7mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 523.33kcal (26.17%), Fat: 25.78g (39.66%), Saturated Fat: 15.45g (96.58%), Carbohydrates: 62.45g (20.82%), Net Carbohydrates: 60.54g (22.01%), Sugar: 41.87g (46.52%), Cholesterol: 139.22mg (46.41%), Sodium: 627.53mg (27.28%), Alcohol: 1.15g (100%), Alcohol %: 0.68% (100%), Protein: 11.01g (22.02%), Vitamin C: 36.82mg (44.63%), Selenium: 22.51µg (32.15%), Manganese: 0.43mg (21.31%), Calcium: 201.35mg (20.14%), Phosphorus: 180.59mg (18.06%), Vitamin A: 853.86IU (17.08%), Vitamin B2: 0.22mg (12.95%), Folate: 37.41µg (9.35%), Fiber: 1.91g (7.63%), Zinc: 1.09mg (7.28%), Vitamin E: 1.01mg (6.74%), Iron: 1.14mg (6.31%), Vitamin B12: 0.36µg (6.02%), Vitamin B5: 0.59mg (5.94%), Potassium: 199.84mg (5.71%), Magnesium: 22.19mg (5.55%), Copper: 0.1mg (5.03%), Vitamin B6: 0.09mg (4.59%), Vitamin B1: 0.05mg (3.3%), Vitamin K: 3.43µg (3.27%), Vitamin D: 0.47µg (3.12%), Vitamin B3: 0.56mg (2.78%)