Robert E. Lee Bundt

READY IN	SERVINGS	CALORIES
155 min.	12	678 kcal

SIDE DISH

Ingredients

- [ ] 0.5 teaspoon double-acting baking powder
- [ ] 1 cup butter softened
- [ ] 6 large eggs
- [ ] 3 cups flour all-purpose
- [ ] 3 cups granulated sugar
- [ ] 0.3 cup juice of lemon fresh
- [ ] 2 teaspoons lemon zest divided
- [ ] 1 cup milk
- [ ] 2 Tbsp orange juice fresh

- [ ] 4 teaspoons orange zest divided
- [ ] 2 cups powdered sugar
- [ ] 12 servings garnishes: raspberries fresh
- [ ] 0.1 teaspoon salt
- [ ] 0.5 cup shortening

Equipment

- [ ] frying pan
- [ ] oven
- [ ] whisk
- [ ] wire rack
- [ ] stand mixer
- [ ] kugelhopf pan

Directions

- [ ] Preheat oven to 32
- [ ] Beat butter and shortening at medium speed with a heavy-duty electric stand mixer until creamy. Gradually add granulated sugar, beating at medium speed until light and fluffy.
- [ ] Add eggs, 1 at a time, beating just until blended after each addition.
- [ ] Stir together flour, baking powder, and salt.
- [ ] Add to butter mixture alternately with milk, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Stir in 2 tsp. orange zest, 1 tsp. lemon zest, and 1/4 cup fresh lemon juice.
- [ ] Pour batter into a greased and floured 10-inch (12-cup) Bundt pan.
- [ ] Bake at 325 for 1 hour and 5 minutes to 1 hour and 15 minutes or until a long wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes; remove from pan to wire rack, and cool completely (about 1 hour).
- [ ] Whisk together powdered sugar, orange juice, and remaining 2 tsp. orange zest and 1 tsp. lemon zest until smooth. Spoon over cake.

Nutrition Facts

PROTEIN **4.6%** FAT **36.08%** CARBS **59.32%**

Properties

Glycemic Index:33.59, Glycemic Load:53.56, Inflammation Score:-6, Nutrition Score:12.824347848478%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.07mg, Hesperetin: 1.07mg, Hesperetin: 1.07mg, Hesperetin: 1.07mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 677.63kcal (33.88%), Fat: 27.79g (42.75%), Saturated Fat: 13.08g (81.76%), Carbohydrates: 102.8g (34.27%), Net Carbohydrates: 97.93g (35.61%), Sugar: 73.66g (81.84%), Cholesterol: 136.11mg (45.37%), Sodium: 209.34mg (9.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.98g (15.96%), Manganese: 0.63mg (31.34%), Selenium: 19.4µg (27.72%), Vitamin C: 20.44mg (24.78%), Folate: 84.21µg (21.05%), Vitamin B2: 0.34mg (20.1%), Vitamin B1: 0.29mg (19.55%), Fiber: 4.87g (19.48%), Vitamin A: 669.41IU (13.39%), Iron: 2.38mg (13.25%), Phosphorus: 130.45mg (13.04%), Vitamin E: 1.79mg (11.91%), Vitamin B3: 2.28mg (11.38%), Vitamin K: 10.78µg (10.27%), Vitamin B5: 0.89mg (8.89%), Calcium: 75.97mg (7.6%), Magnesium: 26.75mg (6.69%), Copper: 0.13mg (6.26%), Vitamin B12: 0.36µg (6.07%), Zinc: 0.91mg (6.05%), Potassium: 207.87mg (5.94%), Vitamin B6: 0.11mg (5.38%), Vitamin D: 0.72µg (4.82%)