



Sassy Pound Cake

 Vegetarian

READY IN



90 min.

SERVINGS



15

CALORIES



395 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 teaspoon cayenne
- ☐ 1 tablespoon cornstarch
- ☐ 5 eggs
- ☐ 3 cups flour all-purpose
- ☐ 3 cups superfine granulated sugar
- ☐ 0.5 cup mangos fresh pureed
- ☐ 1 teaspoon orange oil

- ☐ 1 orange zest
- ☐ 2 tablespoons rum
- ☐ 0.5 teaspoon salt
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 2 tablespoons tequila
- ☐ 6 ounces butter unsalted room temperature
- ☐ 1 vanilla pod split
- ☐ 1.5 teaspoons vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ skewers
- ☐ kugelhopf pan

Directions

- ☐ Preheat your oven to 350 degrees F.
- ☐ In a mixer fitter with a paddle attachment, beat the butter until it is smooth. With the mixer set to the lowest speed, slowly add the sugar and vanilla seeds. Beat until the mixture is pale and fluffy.
- ☐ Add the eggs to the mixer 1 at a time, scraping down the sides when necessary. Set aside.
- ☐ Whisk together the flour, cayenne, cornstarch, salt, and baking soda in large prep bowl. In another prep bowl, whisk together the sour cream, orange zest, mango puree, tequila, vanilla extract, rum, and orange oil.
- ☐ At lowest speed, in 3 to 5 additions, alternately add the flour mix and sour cream mix.

- ☐ After all of the ingredients are in the mixer bowl, stop the mixer, scrape down the sides of the bowl and mix at medium to high speed for 20 to 30 seconds.
- ☐ Spray a 9 cup bundt pan with nonstick spray with starch.
- ☐ Pour the batter to 3/4 of the way up the pan.
- ☐ Bake for about 1 hour 15 minutes. Test for doneness with wooden skewer once the top of cake doesn't jiggle.
- ☐ Remove the cake from the oven when the skewer comes out clean.
- ☐ Let the cake rest and cool in the pan for 15 to 20 minutes. Turn the cake onto a cooling wire rack and remove from the pan. Allow the cake to cool completely.
- ☐ Dust with confectioners' sugar and enjoy!
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Nutrition Facts



 PROTEIN **5.07%**  FAT **32.22%**  CARBS **62.71%**

Properties

Glycemic Index:17.26, Glycemic Load:42.11, Inflammation Score:-4, Nutrition Score:6.2608695807664%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg

Nutrients (% of daily need)

Calories: 395.03kcal (19.75%), Fat: 14.02g (21.57%), Saturated Fat: 7.88g (49.24%), Carbohydrates: 61.4g (20.47%), Net Carbohydrates: 60.54g (22.02%), Sugar: 41.38g (45.98%), Cholesterol: 87.99mg (29.33%), Sodium: 123.7mg (5.38%), Alcohol: 1.47g (100%), Alcohol %: 1.58% (100%), Protein: 4.96g (9.93%), Selenium: 13.96µg (19.94%), Folate: 56.54µg (14.14%), Vitamin B1: 0.21mg (13.91%), Vitamin B2: 0.23mg (13.61%), Vitamin A: 534.85IU (10.7%), Manganese: 0.18mg (9.23%), Iron: 1.47mg (8.18%), Vitamin B3: 1.56mg (7.78%), Phosphorus: 71.7mg (7.17%), Vitamin B5: 0.41mg (4.13%), Vitamin C: 3.25mg (3.94%), Vitamin E: 0.55mg (3.68%), Fiber: 0.86g (3.45%), Calcium: 32.62mg (3.26%), Copper: 0.06mg (3.12%), Vitamin D: 0.46µg (3.09%), Vitamin B12: 0.18µg (3.03%), Zinc: 0.44mg (2.93%), Vitamin B6: 0.05mg (2.57%), Magnesium: 9.86mg (2.47%), Potassium: 81.99mg (2.34%), Vitamin K: 1.4µg (1.33%)