



Sesame Crunch Whipped Cream Pound Cake

 Vegetarian

READY IN



60 min.

SERVINGS



10

CALORIES



483 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 tablespoons butter softened
- ☐ 1.5 tablespoons cup heavy whipping cream
- ☐ 2 large egg whites
- ☐ 5.5 cups flour all-purpose (7.2 oz)
- ☐ 1 cup granulated sugar divided (use)
- ☐ 1 cup heavy whipping cream
- ☐ 0.8 cups powdered sugar

- ☐ 1 teaspoon salt
- ☐ 0.3 cup sesame seed
- ☐ 0.3 teaspoon vanilla
- ☐ 1 teaspoon vanilla extract

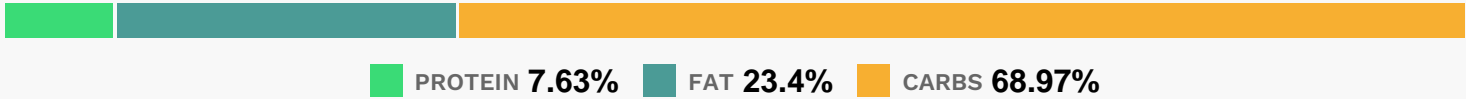
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ loaf pan
- ☐ toothpicks
- ☐ stand mixer
- ☐ spatula

Directions

- ☐ Preheat oven to 350 degrees F and spray an 8×4 inch loaf pan with flour-added cooking spray. In a small saucepan or skillet, combine the sesame seeds and butter and cook over medium, stirring often, until sesame seeds are aromatic and just starting to brown.
- ☐ Remove from heat and let cool. In a mixer (I used the stand mixer) beat the egg whites until foamy. Gradually add ½ cup of the sugar and continue beating until whites are stiff. Scrape egg whites into another bowl and use the stand mixer bowl for the next step.
- ☐ Add the 1 cup of cream and remaining ½ cup of sugar and beat for about 4 minutes or until thickened. Beat in the vanilla. Using a rubber spatula, stir in the baking powder, salt and flour. At this point, the batter is pretty thick. Fold about 1/3 of the beaten egg white into the batter to lighten it, then fold in the rest, doing your best to keep the batter airy. It's a thick batter, so this is tricky. Stir in the toasted sesame seeds.
- ☐ Bake on center rack for about 50 minutes or until a toothpick inserted in cake comes out clean. Cool completely. Cool in pan for about 5 minutes, then remove from pan and cool completely. Make the glaze.
- ☐ Combine all glaze ingredients and beat until smooth, adding the cream as needed.

Nutrition Facts



Properties

Glycemic Index:32.21, Glycemic Load:52.37, Inflammation Score:-6, Nutrition Score:12.835652268451%

Nutrients (% of daily need)

Calories: 482.84kcal (24.14%), Fat: 12.58g (19.36%), Saturated Fat: 6.72g (41.99%), Carbohydrates: 83.43g (27.81%), Net Carbohydrates: 81.13g (29.5%), Sugar: 29.83g (33.14%), Cholesterol: 30.94mg (10.31%), Sodium: 384.45mg (16.72%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 9.23g (18.46%), Selenium: 26.88µg (38.4%), Vitamin B1: 0.57mg (38.33%), Folate: 130.78µg (32.69%), Manganese: 0.57mg (28.26%), Vitamin B2: 0.43mg (25.47%), Iron: 3.92mg (21.76%), Vitamin B3: 4.25mg (21.27%), Phosphorus: 140.43mg (14.04%), Calcium: 135.7mg (13.57%), Copper: 0.26mg (12.96%), Fiber: 2.3g (9.2%), Vitamin A: 400.77IU (8.02%), Magnesium: 31.24mg (7.81%), Zinc: 0.84mg (5.61%), Vitamin B5: 0.38mg (3.83%), Potassium: 128.39mg (3.67%), Vitamin B6: 0.07mg (3.47%), Vitamin D: 0.42µg (2.78%), Vitamin E: 0.31mg (2.04%), Vitamin K: 1.09µg (1.04%)