



## Sour Cream-Lemon Pound Cake

READY IN



45 min.

SERVINGS



18

CALORIES



323 kcal

DESSERT

### Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 8 ounce carton cream sour low-fat
- ☐ 3 tablespoons breadcrumbs dry
- ☐ 3 large eggs
- ☐ 3.3 cups flour all-purpose
- ☐ 2.5 cups granulated sugar
- ☐ 2 teaspoons lemon extract
- ☐ 0.3 cup juice of lemon fresh divided
- ☐ 1.5 tablespoons lemon rind grated ( 2 lemons)

- ☐ 1 cup powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup stick margarine softened

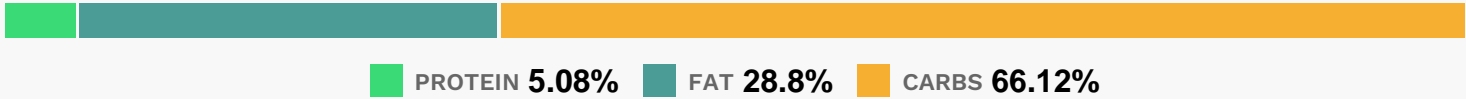
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 350
- ☐ Coat a 10-inch tube pan with cooking spray, and dust with the breadcrumbs.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking soda, and salt in a bowl; stir well with a whisk. Beat the butter in a large bowl at medium speed of a mixer until light and fluffy. Gradually add the granulated sugar and lemon extract, beating until well-blended.
- ☐ Add eggs, 1 at a time, beating well after each addition.
- ☐ Add grated lemon rind and 2 tablespoons lemon juice; beat 30 seconds.
- ☐ Add flour mixture to sugar mixture alternately with sour cream, beating at low speed, beginning and ending with flour mixture.
- ☐ Spoon batter into prepared pan.
- ☐ Bake at 350 for 1 hour and 10 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.
- ☐ Combine 2 tablespoons of lemon juice and powdered sugar.
- ☐ Drizzle glaze over top of cake.

# Nutrition Facts



## Properties

Glycemic Index:8.06, Glycemic Load:31.85, Inflammation Score:-4, Nutrition Score:5.1813043459602%

## Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 322.52kcal (16.13%), Fat: 10.47g (16.11%), Saturated Fat: 2.8g (17.47%), Carbohydrates: 54.1g (18.03%), Net Carbohydrates: 53.35g (19.4%), Sugar: 34.57g (38.41%), Cholesterol: 35.41mg (11.8%), Sodium: 191.08mg (8.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.31%), Selenium: 11.23µg (16.05%), Vitamin B1: 0.2mg (13.58%), Folate: 49.23µg (12.31%), Vitamin B2: 0.18mg (10.74%), Vitamin A: 439.4IU (8.79%), Manganese: 0.17mg (8.67%), Vitamin B3: 1.47mg (7.33%), Iron: 1.31mg (7.26%), Phosphorus: 55.17mg (5.52%), Calcium: 33.06mg (3.31%), Vitamin E: 0.45mg (3.01%), Fiber: 0.75g (2.99%), Vitamin C: 2.09mg (2.53%), Vitamin B5: 0.25mg (2.5%), Copper: 0.05mg (2.41%), Zinc: 0.36mg (2.39%), Vitamin B12: 0.14µg (2.38%), Potassium: 74.75mg (2.14%), Magnesium: 8.52mg (2.13%), Vitamin B6: 0.03mg (1.6%), Vitamin D: 0.19µg (1.28%)