



Sour Cream Lemon Pound Cake with Cherry Compote

 Vegetarian

READY IN



170 min.

SERVINGS



10

CALORIES



483 kcal

DESSERT

Ingredients

- 0.3 teaspoon almond extract
- 0.5 teaspoon double-acting baking powder
- 0.8 cup butter
- 4 cups cherries sweet frozen pitted
- 1 cup confectioners' sugar
- 2 teaspoons cornstarch
- 3 eggs room temperature

- 3.3 cups flour all-purpose
- 2 teaspoons lemon extract
- 2 tablespoons juice of lemon
- 1 teaspoon lemon zest
- 0.3 teaspoon salt
- 2 cups cup heavy whipping cream sour
- 2 tablespoons water cold
- 0.3 cup sugar white

Equipment

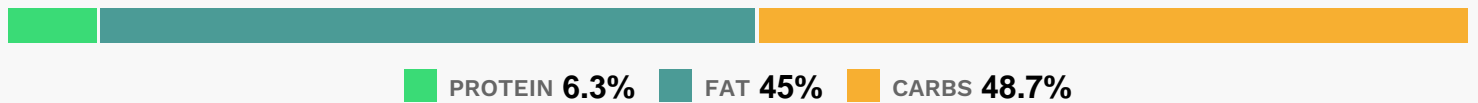
- bowl
- frying pan
- sauce pan
- oven
- wire rack
- hand mixer
- toothpicks

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Spray a fluted tube pan (such as a Bundt® pan) with cooking spray.
- Combine the flour, baking powder, and salt in a bowl; set aside.
- Beat the butter, 2 1/2 cups sugar, and lemon extract with an electric mixer in a large bowl until light and fluffy. The mixture should be noticeably lighter in color. Stir in the 1 tablespoon plus 1 teaspoon lemon zest and 2 tablespoons of lemon juice; beat for 30 seconds.
- Add the room-temperature eggs one at a time, allowing each egg to blend into the butter mixture before adding the next.
- Mix in the flour mixture alternately with the sour cream, mixing until just incorporated. Spoon the batter into the prepared pan.

- Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 1 hour. Cool the cake in the pan for 10 minutes before removing to cool completely on a wire rack.
- Meanwhile, prepare the compote: combine the cherries, 1/4 cup sugar, water, and cornstarch in a saucepan. Bring to a boil over medium-high heat. Cook for 1 minute, stirring constantly.
- Remove the compote from the heat and stir in the almond extract. Set aside.
- Combine 2 tablespoons of lemon juice with the confectioners' sugar and mix well. When the cake is completely cool, drizzle the lemon glaze over the top of the cake.
- Serve the cherry compote with the cake.

Nutrition Facts



Properties

Glycemic Index:30.91, Glycemic Load:27.66, Inflammation Score:-6, Nutrition Score:10.360434698022%

Flavonoids

Cyanidin: 16.68mg, Cyanidin: 16.68mg, Cyanidin: 16.68mg, Cyanidin: 16.68mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.83mg, Peonidin: 0.83mg, Peonidin: 0.83mg, Peonidin: 0.83mg Catechin: 2.41mg, Catechin: 2.41mg, Catechin: 2.41mg, Catechin: 2.41mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 2.76mg, Epicatechin: 2.76mg, Epicatechin: 2.76mg, Epicatechin: 2.76mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 483.28kcal (24.16%), Fat: 24.52g (37.72%), Saturated Fat: 13.9g (86.85%), Carbohydrates: 59.7g (19.9%), Net Carbohydrates: 57.41g (20.87%), Sugar: 25.63g (28.47%), Cholesterol: 112.85mg (37.62%), Sodium: 223.15mg (9.7%), Alcohol: 0.03g (100%), Alcohol %: 0.02% (100%), Protein: 7.73g (15.45%), Selenium: 19.81µg (28.31%), Vitamin B1: 0.35mg (23.33%), Folate: 86.65µg (21.66%), Vitamin B2: 0.37mg (21.54%), Vitamin A: 818.92IU (16.38%), Manganese: 0.33mg (16.31%), Iron: 2.39mg (13.27%), Vitamin B3: 2.55mg (12.74%), Phosphorus: 125.35mg (12.54%), Fiber: 2.29g (9.16%), Calcium: 83.72mg (8.37%), Potassium: 249.78mg (7.14%), Vitamin C: 5.7mg (6.91%), Vitamin B5: 0.67mg (6.68%), Copper: 0.11mg (5.6%), Magnesium: 21.85mg (5.46%), Vitamin E: 0.78mg (5.18%), Zinc: 0.66mg

(4.43%), Vitamin B6: 0.09mg (4.42%), Vitamin B12: 0.24µg (4.05%), Vitamin K: 3.2µg (3.05%), Vitamin D: 0.26µg (1.76%)