



Sour Cream Pound Cake

READY IN



45 min.

SERVINGS



18

CALORIES



323 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup butter
- ☐ 1 pound cake flour sifted
- ☐ 3 tablespoons breadcrumbs dry
- ☐ 3 large eggs
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups cup heavy whipping cream light sour
- ☐ 2.8 cups sugar

☐ 2 teaspoons vanilla extract

Equipment

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

Directions

- ☐ Preheat oven to 35
- ☐ Coat a 10-inch tube pan with cooking spray; dust with breadcrumbs.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and salt; stir with a whisk.
- ☐ Combine sour cream and baking soda; stir well.
- ☐ Place butter in a large bowl; beat with a mixer at medium speed until light and fluffy. Gradually add sugar and vanilla, beating until well blended.
- ☐ Add eggs, 1 at a time, beating well after each addition.
- ☐ Add juice; beat 30 seconds.
- ☐ Add flour mixture alternately with sour cream mixture to sugar mixture, 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.

Nutrition Facts



 **PROTEIN 6.19%**  **FAT 30.64%**  **CARBS 63.17%**

Properties

Glycemic Index:10.39, Glycemic Load:33.17, Inflammation Score:-2, Nutrition Score:4.0286956066671%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 322.64kcal (16.13%), Fat: 11.1g (17.08%), Saturated Fat: 6.47g (40.44%), Carbohydrates: 51.51g (17.17%), Net Carbohydrates: 50.82g (18.48%), Sugar: 30.85g (34.28%), Cholesterol: 58.04mg (19.35%), Sodium: 194.72mg (8.47%), Alcohol: 0.15g (100%), Alcohol %: 0.2% (100%), Protein: 5.05g (10.1%), Selenium: 13.86µg (19.8%), Manganese: 0.22mg (10.99%), Vitamin A: 344.83IU (6.9%), Phosphorus: 59.73mg (5.97%), Vitamin B2: 0.09mg (5.45%), Folate: 16.74µg (4.19%), Calcium: 41.27mg (4.13%), Vitamin B1: 0.05mg (3.21%), Vitamin E: 0.47mg (3.13%), Copper: 0.06mg (3.1%), Zinc: 0.45mg (3.03%), Vitamin B12: 0.18µg (2.94%), Fiber: 0.68g (2.74%), Iron: 0.49mg (2.7%), Vitamin B5: 0.26mg (2.6%), Magnesium: 10.28mg (2.57%), Potassium: 85.86mg (2.45%), Vitamin B3: 0.39mg (1.95%), Vitamin B6: 0.03mg (1.53%), Vitamin D: 0.2µg (1.37%)