



Sour Cream Pound Cake

 Vegetarian

READY IN



160 min.

SERVINGS



16

CALORIES



254 kcal

DESSERT

Ingredients

- ☐ 1.5 cups sugar
- ☐ 1 cup cream sour
- ☐ 0.8 cup butter softened
- ☐ 0.5 cup flour all-purpose
- ☐ 3 teaspoons vanilla
- ☐ 1 teaspoon almond extract
- ☐ 0.3 teaspoon salt
- ☐ 6 eggs

- ☐ 1 serving garnish: whipped cream sweetened
- ☐ 2 cups blueberries fresh thawed drained (and)
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon juice of lemon
- ☐ 0.7 cup water
- ☐ 1 teaspoon vanilla
- ☐ 3 cups frangelico

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Heat oven to 350°F. Generously grease bottom and side of 12-cup fluted tube cake pan with shortening; lightly flour.
- ☐ In large bowl, beat all cake ingredients except whipped cream with electric mixer on low speed 30 seconds. Beat on medium speed 4 minutes, scraping bowl occasionally.
- ☐ Pour into pan.
- ☐ Bake 48 to 50 minutes or until toothpick inserted near center comes out clean. Cool 15 minutes. Turn pan upside down onto cooling rack; remove pan. Cool completely, about 1 hour.
- ☐ Meanwhile, in 2-quart saucepan, heat blueberries, 1/2 cup sugar, the lemon juice and water to boiling over medium-high heat. Reduce heat to medium; cook 10 minutes or until slightly thickened. Stir in 1 teaspoon vanilla. Cool completely. Refrigerate until serving time.
- ☐ Serve with blueberry sauce and whipped cream.

Nutrition Facts

PROTEIN 4.77% FAT 46.22% CARBS 49.01%

Properties

Glycemic Index:22.51, Glycemic Load:20.53, Inflammation Score:-3, Nutrition Score:3.6917391600816%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 254.13kcal (12.71%), Fat: 13.25g (20.39%), Saturated Fat: 7.5g (46.88%), Carbohydrates: 31.62g (10.54%), Net Carbohydrates: 31.07g (11.3%), Sugar: 27.57g (30.64%), Cholesterol: 93.02mg (31.01%), Sodium: 133.8mg (5.82%), Alcohol: 0.43g (100%), Alcohol %: 0.54% (100%), Protein: 3.08g (6.15%), Selenium: 7.2µg (10.29%), Vitamin A: 457.18IU (9.14%), Vitamin B2: 0.14mg (8.02%), Phosphorus: 53.07mg (5.31%), Manganese: 0.1mg (4.95%), Vitamin K: 4.6µg (4.38%), Folate: 17.39µg (4.35%), Vitamin E: 0.59mg (3.91%), Vitamin B5: 0.36mg (3.56%), Vitamin B12: 0.2µg (3.27%), Vitamin B1: 0.05mg (3.2%), Iron: 0.55mg (3.05%), Calcium: 29.15mg (2.91%), Vitamin C: 2.29mg (2.77%), Vitamin B6: 0.05mg (2.33%), Zinc: 0.33mg (2.22%), Fiber: 0.55g (2.21%), Vitamin D: 0.33µg (2.21%), Potassium: 65.59mg (1.87%), Copper: 0.04mg (1.75%), Vitamin B3: 0.34mg (1.72%), Magnesium: 5.95mg (1.49%)