



Sour Cream Pound Cake

READY IN



45 min.

SERVINGS



24

CALORIES



259 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup butter softened
- ☐ 4.5 cups cake flour sifted
- ☐ 1.3 cups egg substitute
- ☐ 1.5 cups cream sour low-fat
- ☐ 0.3 teaspoon salt
- ☐ 3 cups sugar
- ☐ 2 teaspoons vanilla extract

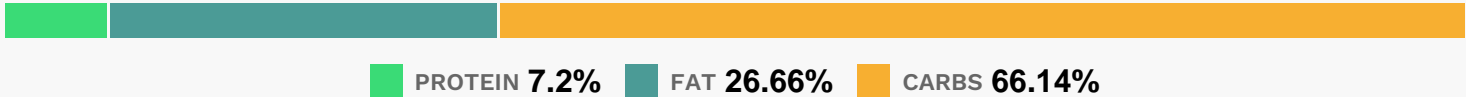
Equipment

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

Directions

- ☐ Preheat oven to 32
- ☐ Place sugar and butter in a large bowl; beat with a mixer at medium speed until well blended (about 5 minutes). Gradually add egg substitute, beating well.
- ☐ Combine sour cream and baking soda. Stir well, and set aside. Lightly spoon cake flour into dry measuring cups, and level with a knife.
- ☐ Combine flour and salt.
- ☐ Add flour mixture and sour cream mixture alternately to sugar mixture, beginning and ending with flour mixture. Stir in vanilla.
- ☐ Pour batter into a 10-inch tube pan coated with cooking spray.
- ☐ Bake at 325 for 1 hour and 35 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on wire rack; remove from pan. Cool completely on wire rack.
- ☐ Garnish with blackberries and mint, if desired.
- ☐ Note: Eight egg whites can be used in place of egg substitute.
- ☐ Add one at a time to sugar mixture.
- ☐ VARIATIONS
- ☐ Add 1 teaspoon grated lemon rind.
- ☐ Coconut: Decrease vanilla to 1 teaspoon; add 1 teaspoon coconut extract.
- ☐ Almond: Decrease vanilla to 1 teaspoon; add 1 teaspoon almond extract.

Nutrition Facts



Properties

Glycemic Index:7.8, Glycemic Load:28.47, Inflammation Score:-2, Nutrition Score:3.67913044447081%

Nutrients (% of daily need)

Calories: 258.63kcal (12.93%), Fat: 7.75g (11.92%), Saturated Fat: 4.65g (29.08%), Carbohydrates: 43.23g (14.41%), Net Carbohydrates: 42.67g (15.52%), Sugar: 25.37g (28.19%), Cholesterol: 20.28mg (6.76%), Sodium: 154.65mg (6.72%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Protein: 4.7g (9.41%), Selenium: 15.48µg (22.11%), Manganese: 0.19mg (9.41%), Vitamin B2: 0.09mg (5.31%), Vitamin A: 254.89IU (5.1%), Phosphorus: 44.26mg (4.43%), Calcium: 35.52mg (3.55%), Vitamin E: 0.51mg (3.42%), Vitamin B5: 0.33mg (3.32%), Folate: 11.66µg (2.92%), Iron: 0.5mg (2.78%), Zinc: 0.41mg (2.74%), Vitamin B1: 0.04mg (2.73%), Copper: 0.05mg (2.49%), Potassium: 85.01mg (2.43%), Magnesium: 9.48mg (2.37%), Fiber: 0.56g (2.25%), Vitamin B12: 0.12µg (1.96%), Vitamin D: 0.24µg (1.61%), Vitamin B6: 0.03mg (1.48%), Vitamin B3: 0.27mg (1.34%)