

Southern-Style Chocolate Pound Cake

READY IN



110 min.

SERVINGS



8

CALORIES



847 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 cup butter
- ☐ 0.5 cup dutch process cocoa powder
- ☐ 5 eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 cup milk
- ☐ 0.5 cup shortening
- ☐ 0.5 teaspoon vanilla extract
- ☐ 3 cups sugar white

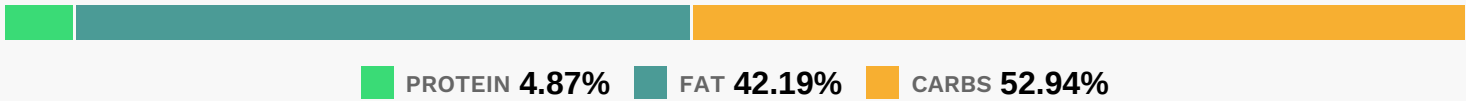
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour 2 (8 inch) loaf pans. Sift together the flour, cocoa and baking powder. Set aside.
- ☐ In a large bowl, cream together the butter, shortening and sugar until light and fluffy. Beat in the eggs one at a time, then stir in the vanilla. Beat in the flour mixture alternately with the milk, mixing just until incorporated.
- ☐ Pour batter into prepared pans.
- ☐ Bake in the preheated oven for 75 to 90 minutes, or until a toothpick inserted into the center of the cake comes out clean.
- ☐ Let cool in pan for 10 minutes, then turn out onto a wire rack and cool completely.

Nutrition Facts



Properties

Glycemic Index:40.64, Glycemic Load:78.85, Inflammation Score:-7, Nutrition Score:14.071304466413%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 846.82kcal (42.34%), Fat: 40.85g (62.85%), Saturated Fat: 19.72g (123.26%), Carbohydrates: 115.32g (38.44%), Net Carbohydrates: 112.07g (40.75%), Sugar: 76.69g (85.21%), Cholesterol: 166.97mg (55.66%), Sodium: 262.94mg (11.43%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Caffeine: 12.36mg (4.12%), Protein: 10.6g (21.2%), Selenium: 26.42µg (37.74%), Vitamin B1: 0.4mg (26.95%), Manganese: 0.54mg (26.92%), Vitamin B2: 0.44mg (25.67%), Folate: 101.28µg (25.32%), Iron: 3.48mg (19.35%), Phosphorus: 187.63mg (18.76%), Vitamin A: 907IU (18.14%), Copper: 0.3mg (14.84%), Vitamin B3: 2.95mg (14.75%), Fiber: 3.25g (13.02%), Vitamin E: 1.78mg (11.87%), Magnesium: 44.76mg (11.19%), Calcium: 89.23mg (8.92%), Vitamin K: 9.25µg (8.81%), Vitamin B5: 0.87mg (8.73%), Zinc: 1.21mg (8.05%), Vitamin B12: 0.46µg (7.63%), Potassium: 224.29mg (6.41%), Vitamin D: 0.89µg (5.9%), Vitamin B6: 0.09mg (4.67%)