



Southwest Georgia Pound Cake

 Vegetarian

READY IN



105 min.

SERVINGS



20

CALORIES



328 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 6 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 cup heavy cream
- ☐ 0.5 teaspoon salt
- ☐ 3 cups sugar
- ☐ 1 cup butter unsalted softened 2 sticks
- ☐ 2 teaspoons vanilla extract pure you may use lemon or almond flavoring instead

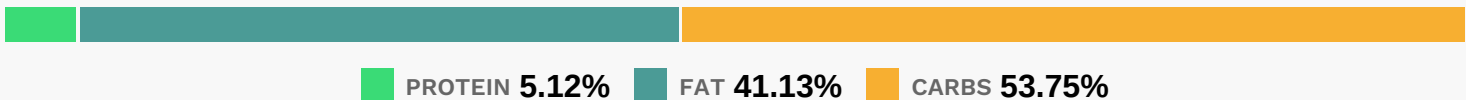
Equipment

- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ kugelhopf pan

Directions

- ☐ Generously grease and flour a 10-inch bundt pan. Do not preheat the oven.Using an electric mixer, cream the butter and sugar together until fluffy.
- ☐ Add the eggs one at a time, beating well after each addition. Sift together flour, baking powder, and salt. Alternately add flour mixture and heavy cream to butter-sugar mixture, beginning and ending with flour. Stir in flavoring.
- ☐ Pour batter into prepared pan. Put into a cold oven and set the temperature to 325 degrees F.
- ☐ Bake for 1 hour 15 minutes without opening the oven door.
- ☐ Bake for an additional 15 minutes if necessary.
- ☐ Remove from the oven and cool in pan for 15 minutes. Invert cake onto cake plate. For a real treat, serve yourself a slice while it's still warm.

Nutrition Facts



Properties

Glycemic Index:11.85, Glycemic Load:31.32, Inflammation Score:-4, Nutrition Score:5.0126086771488%

Nutrients (% of daily need)

Calories: 328.24kcal (16.41%), Fat: 15.21g (23.4%), Saturated Fat: 9.07g (56.66%), Carbohydrates: 44.72g (14.91%), Net Carbohydrates: 44.21g (16.08%), Sugar: 30.45g (33.83%), Cholesterol: 93.65mg (31.22%), Sodium: 95.21mg (4.14%), Alcohol: 0.14g (100%), Alcohol %: 0.2% (100%), Protein: 4.26g (8.52%), Selenium: 11.61µg (16.59%), Vitamin B2: 0.19mg (11.38%), Vitamin A: 539.57IU (10.79%), Folate: 42.18µg (10.54%), Vitamin B1: 0.16mg (10.41%), Manganese: 0.13mg (6.75%), Iron: 1.17mg (6.52%), Phosphorus: 61.79mg (6.18%), Vitamin B3: 1.13mg (5.66%), Vitamin D: 0.66µg (4.4%), Vitamin E: 0.54mg (3.61%), Vitamin B5: 0.35mg (3.55%), Vitamin B12: 0.17µg (2.86%), Calcium: 28.05mg (2.8%), Zinc: 0.37mg (2.45%), Copper: 0.04mg (2.17%), Fiber: 0.51g (2.03%), Vitamin B6: 0.04mg (1.92%),

Magnesium: 7.06mg (1.77%), Potassium: 56.02mg (1.6%), Vitamin K: 1.28µg (1.22%)