



## Spiced Cornmeal Pound Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



370 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.4 lb butter at room temperature
- ☐ 3 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar

- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup cornmeal white yellow

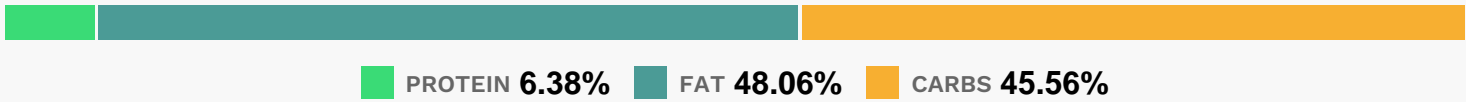
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ loaf pan

## Directions

- ☐ In a bowl, with a mixer at medium speed, beat butter and sugar until well blended.
- ☐ Add eggs, one at a time, beating to blend well after each addition. Beat in milk and vanilla.
- ☐ In another bowl, mix flour, cornmeal, baking powder, cinnamon, cloves, cardamom, and salt.
- ☐ Add flour mixture to butter mixture and beat at medium speed just until well blended.
- ☐ Spread batter level in a buttered and floured 8- by 4 1/2-inch loaf pan.
- ☐ Bake in a 325 oven until cake is golden on top and just begins to pull from pan sides, 60 to 70 minutes. Cool in pan on a rack for about 15 minutes, then invert cake from pan, set upright on rack, and let cool completely, about 1 hour. To serve, cut into slices.

## Nutrition Facts



## Properties

Glycemic Index:41.26, Glycemic Load:26.3, Inflammation Score:-5, Nutrition Score:7.1465217600698%

## Nutrients (% of daily need)

Calories: 369.56kcal (18.48%), Fat: 19.9g (30.61%), Saturated Fat: 11.75g (73.44%), Carbohydrates: 42.43g (14.14%), Net Carbohydrates: 41.07g (14.93%), Sugar: 19.39g (21.54%), Cholesterol: 116.38mg (38.79%), Sodium: 292.88mg (12.73%), Alcohol: 0.17g (100%), Alcohol %: 0.22% (100%), Protein: 5.95g (11.89%), Selenium: 14.17µg (20.25%), Vitamin B1: 0.22mg (14.49%), Vitamin B2: 0.23mg (13.67%), Folate: 54.46µg (13.62%), Vitamin A: 645.13IU (12.9%), Manganese: 0.22mg (11.06%), Phosphorus: 104.82mg (10.48%), Iron: 1.74mg (9.68%), Vitamin B3: 1.6mg (8.02%),

Vitamin B5: 0.61mg (6.07%), Calcium: 59.52mg (5.95%), Fiber: 1.36g (5.42%), Vitamin E: 0.73mg (4.89%), Zinc: 0.67mg (4.5%), Magnesium: 17.26mg (4.32%), Vitamin B6: 0.09mg (4.32%), Vitamin B12: 0.24µg (4.07%), Copper: 0.06mg (3.19%), Vitamin D: 0.46µg (3.06%), Potassium: 98.34mg (2.81%), Vitamin K: 1.68µg (1.6%)