



Sweet Potato Pound Cake

 Vegetarian

READY IN



160 min.

SERVINGS



12

CALORIES



425 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 8 oz cream cheese softened
- ☐ 4 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 2 cups sugar

- ☐ 2.5 cups sweet potatoes and into cooked mashed
- ☐ 1 teaspoon vanilla extract

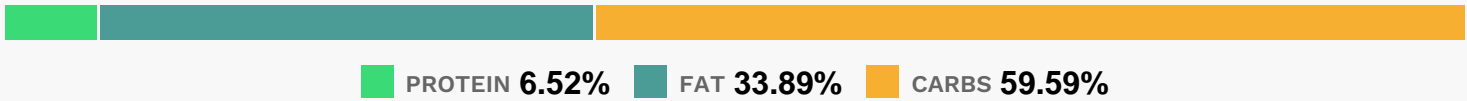
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ stand mixer

Directions

- ☐ Preheat oven to 350
- ☐ Beat cream cheese and butter at medium speed with a heavy-duty electric stand mixer until creamy. Gradually add sugar, beating until light and fluffy.
- ☐ Add eggs, 1 at a time, beating just until yellow disappears.
- ☐ Add sweet potatoes, and beat well.
- ☐ Stir together flour, next 3 ingredients, and, if desired, cinnamon in a medium bowl. Gradually add flour mixture to butter mixture, beating at low speed just until blended after each addition. Stir in vanilla. Spoon batter into a greased and floured 10-inch (12-cup) tube pan.
- ☐ Bake at 350 for 1 hour and 5 minutes to 1 hour and 10 minutes or until a long wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes.
- ☐ Remove from pan to wire rack, and cool completely (about 1 hour).
- ☐ Sweet Potato Pound Cake Loaves: Prepare batter as directed; pour into 2 greased and floured 8 1/2- x 4 1/2-inch loafpans.
- ☐ Bake and cool as directed.

Nutrition Facts



Properties

Glycemic Index:31.01, Glycemic Load:43.73, Inflammation Score:-10, Nutrition Score:12.018260963585%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 425.02kcal (21.25%), Fat: 16.18g (24.9%), Saturated Fat: 9.25g (57.84%), Carbohydrates: 64.02g (21.34%), Net Carbohydrates: 62.34g (22.67%), Sugar: 35.33g (39.25%), Cholesterol: 101.42mg (33.81%), Sodium: 370.37mg (16.1%), Alcohol: 0.11g (100%), Alcohol %: 0.1% (100%), Protein: 7.01g (14.01%), Vitamin A: 4511.17IU (90.22%), Selenium: 17.8µg (25.43%), Vitamin B1: 0.28mg (18.56%), Vitamin B2: 0.3mg (17.69%), Folate: 70.05µg (17.51%), Manganese: 0.29mg (14.68%), Phosphorus: 116.89mg (11.69%), Iron: 2.02mg (11.25%), Vitamin B3: 2.03mg (10.17%), Calcium: 82.51mg (8.25%), Vitamin B5: 0.73mg (7.32%), Fiber: 1.68g (6.71%), Vitamin B6: 0.11mg (5.55%), Copper: 0.1mg (5.25%), Potassium: 178.34mg (5.1%), Magnesium: 17.91mg (4.48%), Vitamin E: 0.65mg (4.32%), Zinc: 0.62mg (4.16%), Vitamin B12: 0.21µg (3.43%), Vitamin D: 0.33µg (2.22%), Vitamin K: 1.7µg (1.62%)