



Tangerine Pound Cake

 Popular

READY IN



220 min.

SERVINGS



16

CALORIES



394 kcal

DESSERT

Ingredients

- ☐ 3 cups flour all-purpose
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon salt
- ☐ 2.5 cups sugar
- ☐ 1 cup butter softened
- ☐ 1 tablespoon 1 tangerine grated
- ☐ 1 teaspoon vanilla
- ☐ 5 eggs

- ☐ 1 cup milk
- ☐ 0.8 cup sugar
- ☐ 3 tablespoons butter
- ☐ 0.3 cup tangerine juice
- ☐ 2 tablespoons rum extract

Equipment

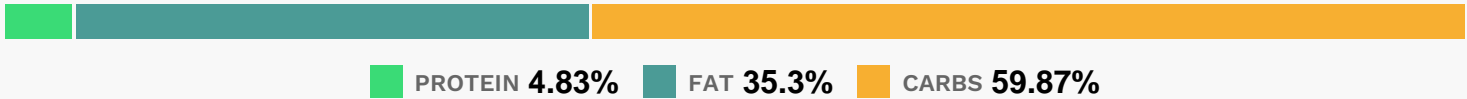
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form
- ☐ skewers

Directions

- ☐ Heat oven to 350°F. Grease bottom and side of 12-cup fluted tube cake pan or 2 (9x5-inch) loaf pans with shortening; lightly flour.
- ☐ Mix flour, baking powder and salt; set aside.
- ☐ In large bowl, beat 2 1/2 cups sugar, 1 cup butter, the tangerine peel, vanilla and eggs with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on high speed 5 minutes, scraping bowl occasionally. Beat in flour mixture alternately with milk on low speed, beating just until smooth after each addition.
- ☐ Pour into pan(s). (If using fluted tube cake pan, place pan on cookie sheet.)
- ☐ Bake fluted tube cake pan 1 hour 10 minutes to 1 hour 20 minutes, loaf pans 55 to 60 minutes, or until toothpick inserted in center comes out clean.

- ☐ Meanwhile, in 1-quart saucepan, heat 3/4 cup sugar, 3 tablespoons butter and the tangerine juice over medium heat, stirring frequently, until sugar is dissolved.
- ☐ Remove from heat; stir in rum.
- ☐ Immediately poke long skewer into top of baked cake at 1-inch intervals (about 20 times). Spoon glaze over cake, allowing glaze to soak into holes. Cool 20 minutes; remove from pan(s) to wire rack. Cool completely, about 2 hours.

Nutrition Facts



Properties

Glycemic Index:24.2, Glycemic Load:41.68, Inflammation Score:-5, Nutrition Score:6.0526087348876%

Flavonoids

Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 394.42kcal (19.72%), Fat: 15.7g (24.15%), Saturated Fat: 3.56g (22.25%), Carbohydrates: 59.92g (19.97%), Net Carbohydrates: 59.27g (21.55%), Sugar: 41.9g (46.56%), Cholesterol: 52.98mg (17.66%), Sodium: 247.65mg (10.77%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 4.83g (9.66%), Selenium: 12.71µg (18.15%), Vitamin A: 716.4IU (14.33%), Vitamin B1: 0.2mg (13.5%), Vitamin B2: 0.21mg (12.64%), Folate: 49.86µg (12.47%), Manganese: 0.17mg (8.42%), Phosphorus: 78.02mg (7.8%), Iron: 1.39mg (7.7%), Vitamin B3: 1.42mg (7.11%), Calcium: 51.2mg (5.12%), Vitamin E: 0.69mg (4.63%), Vitamin B5: 0.39mg (3.91%), Vitamin B12: 0.22µg (3.69%), Vitamin D: 0.44µg (2.95%), Zinc: 0.41mg (2.73%), Fiber: 0.66g (2.63%), Magnesium: 9.66mg (2.41%), Copper: 0.05mg (2.41%), Potassium: 83.63mg (2.39%), Vitamin B6: 0.05mg (2.35%), Vitamin C: 1.41mg (1.72%)