



The Bag Lady's Favorite Chocolate Pound Cake

READY IN



115 min.

SERVINGS



16

CALORIES



423 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup butter softened (2 sticks)
- 1 cup buttermilk
- 5 tablespoons cocoa
- 5 eggs
- 3 cups flour all-purpose
- 0.5 teaspoon salt

- 3 cups sugar
- 1 tablespoon vanilla extract pure
- 0.5 cup vegetable shortening

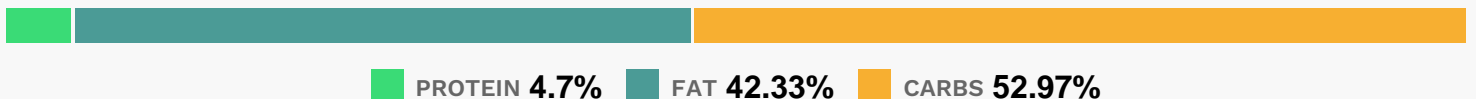
Equipment

- frying pan
- oven
- hand mixer
- kugelhopf pan

Directions

- Special equipment: 10-inch bundt pan
- Preheat oven to 325 degrees F.
- Grease and flour a 10-inch bundt pan. Sift together flour, baking soda, baking powder, salt, and cocoa and set aside. Using an electric mixer, cream together butter, shortening, and sugar until fluffy.
- Add eggs, 1 at a time, and mix well after each addition.
- Add flour and buttermilk alternately to butter mixture, beginning and ending with flour.
- Add vanilla and mix well.
- Pour batter into prepared pan.
- Bake for 1 hour and 45 minutes or until cake is done.
- Remove from oven and allow cake to cool in pan for 10 minutes. Invert onto cake plate and serve.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:39.38, Inflammation Score:-4, Nutrition Score:6.5739130662835%

Flavonoids

Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epicatechin: 3.07mg, Epicatechin: 3.07mg, Epicatechin: 3.07mg, Epicatechin: 3.07mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 422.97kcal (21.15%), Fat: 20.28g (31.2%), Saturated Fat: 9.77g (61.07%), Carbohydrates: 57.12g (19.04%), Net Carbohydrates: 55.91g (20.33%), Sugar: 38.41g (42.68%), Cholesterol: 83.3mg (27.77%), Sodium: 248.12mg (10.79%), Alcohol: 0.28g (100%), Alcohol %: 0.31% (100%), Caffeine: 3.59mg (1.2%), Protein: 5.06g (10.12%), Selenium: 13.31µg (19.02%), Vitamin B1: 0.2mg (13.32%), Vitamin B2: 0.22mg (12.99%), Folate: 51.03µg (12.76%), Manganese: 0.23mg (11.39%), Vitamin A: 453.55IU (9.07%), Iron: 1.59mg (8.84%), Phosphorus: 82.95mg (8.29%), Vitamin B3: 1.45mg (7.26%), Vitamin E: 0.89mg (5.95%), Copper: 0.11mg (5.49%), Fiber: 1.21g (4.84%), Vitamin K: 4.6µg (4.38%), Vitamin B5: 0.43mg (4.34%), Calcium: 41.79mg (4.18%), Magnesium: 16.52mg (4.13%), Vitamin B12: 0.22µg (3.59%), Zinc: 0.52mg (3.48%), Vitamin D: 0.47µg (3.13%), Potassium: 93.45mg (2.67%), Vitamin B6: 0.04mg (2.08%)