



Toasted Pound Cake with Citrus Cream

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



544 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 cup honey for drizzling
- ☐ 1 lemon zest juiced
- ☐ 1 lime zest juiced
- ☐ 8 ounces mascarpone cheese
- ☐ 1 tablespoon orange juice fresh
- ☐ 1 teaspoon orange zest

- ☐ 2 large oranges
- ☐ 10.8 ounce round cake frozen thawed cut into 9 (1-inch) slices
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup whipping cream

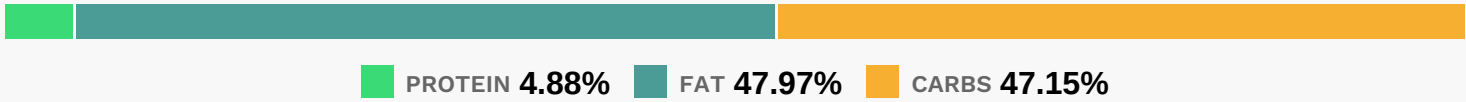
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Watch how to make this recipe.
- ☐ For the pound cake: Preheat the oven to 350 degrees F. Spray a baking pan with cooking spray. Arrange the pound cake in a single layer on the prepared pan.
- ☐ Brush with the melted butter and drizzle with honey.
- ☐ Bake for 7 to 8 minutes or until lightly golden. Set aside to cool for 10 minutes.
- ☐ For the citrus cream: In a medium bowl, using an electric hand mixer, beat all the ingredients together until stiff peaks form, about 1 minute.
- ☐ To assemble: Spoon the citrus-cream filling on the cooled pound cake slices. Top with orange segments and serve.

Nutrition Facts



Properties

Glycemic Index:49.81, Glycemic Load:16.79, Inflammation Score:-7, Nutrition Score:8.9382609854574%

Flavonoids

Hesperetin: 21.85mg, Hesperetin: 21.85mg, Hesperetin: 21.85mg, Hesperetin: 21.85mg Naringenin: 9.84mg, Naringenin: 9.84mg, Naringenin: 9.84mg, Naringenin: 9.84mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg,

Luteolin: 0.12mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 543.79kcal (27.19%), Fat: 29.46g (45.32%), Saturated Fat: 17.96g (112.28%), Carbohydrates: 65.16g (21.72%), Net Carbohydrates: 62.93g (22.88%), Sugar: 49.29g (54.77%), Cholesterol: 122.05mg (40.68%), Sodium: 373.81mg (16.25%), Alcohol: 0.23g (100%), Alcohol %: 0.13% (100%), Protein: 6.74g (13.49%), Vitamin C: 39.25mg (47.58%), Vitamin A: 1166.73IU (23.33%), Calcium: 134.38mg (13.44%), Vitamin B2: 0.21mg (12.56%), Vitamin B1: 0.19mg (12.53%), Folate: 45.56µg (11.39%), Phosphorus: 94.27mg (9.43%), Iron: 1.63mg (9.06%), Fiber: 2.22g (8.89%), Selenium: 5.83µg (8.33%), Manganese: 0.14mg (7.02%), Vitamin B3: 1.23mg (6.17%), Potassium: 211.57mg (6.04%), Vitamin B5: 0.5mg (4.99%), Vitamin B6: 0.08mg (4.16%), Copper: 0.08mg (3.94%), Magnesium: 14.86mg (3.72%), Vitamin E: 0.55mg (3.68%), Vitamin D: 0.42µg (2.79%), Zinc: 0.41mg (2.76%), Vitamin B12: 0.16µg (2.69%), Vitamin K: 1.13µg (1.08%)