



Two-Step Pound Cake

 Vegetarian

READY IN



15 min.

SERVINGS



12

CALORIES



662 kcal

DESSERT

Ingredients

- 2 cups butter softened
- 6 large eggs
- 4 cups flour all-purpose
- 0.8 cup milk
- 3 cups sugar
- 2 teaspoons vanilla extract

Equipment

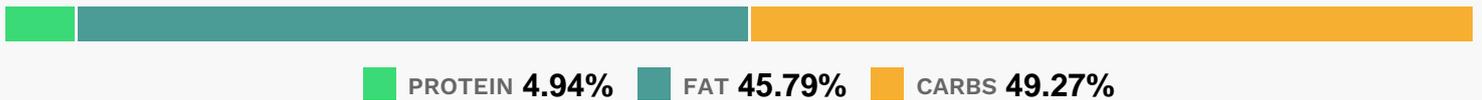
- bowl

- frying pan
- oven
- wire rack
- stand mixer

Directions

- Layer Ingredients and
- Mix. Preheat oven to 32
- Place flour, sugar, butter, milk, eggs, and vanilla (in that order) in 4-qt. bowl of a heavy-duty electric stand mixer. Beat at low speed 1 minute, stopping to scrape down sides. Beat at medium speed 2 minutes.
- Pour and
- Bake.
- Pour into a greased and floured 10-inch (16-cup) tube pan, and smooth.
- Bake at 325 for 1 hour and 30 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).

Nutrition Facts



Properties

Glycemic Index:19.42, Glycemic Load:58.19, Inflammation Score:-6, Nutrition Score:10.029999981756%

Nutrients (% of daily need)

Calories: 662.25kcal (33.11%), Fat: 34.12g (52.49%), Saturated Fat: 20.58g (128.61%), Carbohydrates: 82.6g (27.53%), Net Carbohydrates: 81.47g (29.63%), Sugar: 50.95g (56.61%), Cholesterol: 176.17mg (58.72%), Sodium: 285.96mg (12.43%), Alcohol: 0.23g (100%), Alcohol %: 0.17% (100%), Protein: 8.28g (16.55%), Selenium: 22.77µg (32.53%), Vitamin B1: 0.35mg (23.17%), Folate: 89.14µg (22.28%), Vitamin A: 1105.16IU (22.1%), Vitamin B2: 0.36mg (21.42%), Manganese: 0.3mg (14.77%), Iron: 2.4mg (13.36%), Vitamin B3: 2.51mg (12.57%), Phosphorus: 119.02mg (11.9%), Vitamin E: 1.17mg (7.82%), Vitamin B5: 0.66mg (6.64%), Vitamin B12: 0.37µg (6.15%), Calcium: 48.66mg (4.87%), Zinc: 0.72mg (4.78%), Fiber: 1.13g (4.5%), Vitamin D: 0.67µg (4.45%), Copper: 0.08mg (4.11%), Magnesium: 14.83mg (3.71%), Vitamin B6: 0.07mg (3.57%), Potassium: 113.03mg (3.23%), Vitamin K: 2.89µg (2.76%)