



Vanilla Pound Cake

 Vegetarian

READY IN



75 min.

SERVINGS



10

CALORIES



348 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 160 g butter at room temperature
- 5 large eggs at room temperature
- 0.5 cup yogurt fat free (preferable and removed from fridge at least 30 minutes before using)
- 0.5 cup yogurt fat free (preferable and removed from fridge at least 30 minutes before using)
- 1 cup granulated sugar canned (you can use half cup if you don't like much sugar)
- 0.3 cup milk
- 0.5 teaspoon nutmeg

- 2 cups flour plain
- 0.5 teaspoon salt
- 3 tablespoon vanilla extract

Equipment

- bowl
- oven
- cake form
- sifter

Directions

- With the aid of a sifter, sift the dry ingredients (flour, baking powder, salt, nutmeg) into a bowl and set aside. Step 2: Grease the cake pan and dust with flour. Also pre-heat oven to 180 degrees Celsius
- Pour batter into the greased cake pan and bake for approximately 50 minutes or until golden brown.

Nutrition Facts



PROTEIN 8.76% **FAT 42.02%** **CARBS 49.22%**

Properties

Glycemic Index:39.51, Glycemic Load:28, Inflammation Score:-4, Nutrition Score:7.884347826087%

Taste

Sweetness: 100%, Saltiness: 48.45%, Sourness: 10.85%, Bitterness: 6.44%, Savoriness: 30.15%, Fattiness: 82.6%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 347.82kcal (17.39%), Fat: 15.94g (24.52%), Saturated Fat: 9.21g (57.58%), Carbohydrates: 42.01g (14%), Net Carbohydrates: 41.31g (15.02%), Sugar: 22.83g (25.36%), Cholesterol: 128.62mg (42.87%), Sodium: 319.3mg (13.88%), Alcohol: 1.34g (7.45%), Protein: 7.48g (14.96%), Selenium: 17.43µg (24.9%), Vitamin B2: 0.32mg (18.62%), Folate: 61µg (15.25%), Vitamin B1: 0.22mg (14.87%), Phosphorus: 134.18mg (13.42%), Vitamin A: 546.54IU (10.93%), Calcium: 102.24mg (10.22%), Manganese: 0.19mg (9.6%), Iron: 1.69mg (9.36%), Vitamin B3: 1.56mg (7.78%), Vitamin

B12: 0.43µg (7.2%), Vitamin B5: 0.69mg (6.92%), Zinc: 0.78mg (5.22%), Vitamin E: 0.65mg (4.35%), Potassium: 143.34mg (4.1%), Vitamin D: 0.57µg (3.78%), Magnesium: 14.97mg (3.74%), Vitamin B6: 0.07mg (3.59%), Copper: 0.06mg (3.16%), Fiber: 0.7g (2.79%), Vitamin K: 1.34µg (1.27%)