



Vanilla Pound Cake

READY IN



109 min.

SERVINGS



10

CALORIES



686 kcal

DESSERT

Ingredients

- 0.5 cup almonds sliced
- 0.5 teaspoon baking soda
- 1 cup butter softened (2 sticks)
- 3 cups cake flour
- 12 ounce cherries dark sweet frozen
- 0.5 cup cherry juice black
- 1 tablespoon cornstarch
- 6 large eggs separated
- 1 teaspoon lime zest

- 0.3 teaspoon salt
- 1 cup cup heavy whipping cream sour
- 2 tablespoons sugar
- 3 cups sugar
- 1 vanilla pod split

Equipment

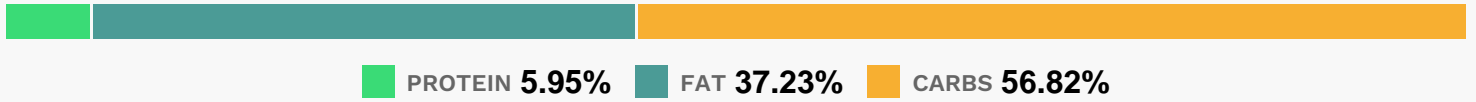
- bowl
- frying pan
- sauce pan
- oven
- whisk
- wire rack
- hand mixer

Directions

- Preheat the oven to 325 degrees F. Spray a 12 to 15-cup fluted pan with nonstick baking spray with flour.
- In a large bowl, beat the butter and sugar at medium speed with an electric mixer until fluffy.
- Add the scraped vanilla bean seeds, beating until combined.
- Add the egg yolks, 1 at a time, beating well after each addition.
- In a medium bowl, sift together the flour, baking soda, and salt. Gradually add to the butter mixture, alternately with the sour cream, beginning and ending with the flour mixture. Beat the egg whites at high speed with an electric mixer until foamy. Gently fold into the butter mixture. Spoon into the prepared pan.
- Sprinkle the almonds evenly over the top of the cake.
- Bake until a wooden pick inserted in the center comes out clean, 1 hour to 1 hour and 15 minutes.
- Let cool in the pan for 10 minutes.
- Remove from the pan, and cool completely on a wire rack.

- Serve with Black Cherry Sauce, if desired.
- In a medium saucepan, combine the sugar, cornstarch, and lime zest. Stir in the black cherry juice, whisking until smooth.
- Add the cherries. Bring to a boil over medium heat, stirring frequently, until thickened, about 1 minute..
- Remove from the heat and let cool.

Nutrition Facts



Properties

Glycemic Index:32.12, Glycemic Load:62.28, Inflammation Score:-5, Nutrition Score:9.5878260653952%

Flavonoids

Cyanidin: 10.39mg, Cyanidin: 10.39mg, Cyanidin: 10.39mg, Cyanidin: 10.39mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.51mg, Peonidin: 0.51mg, Peonidin: 0.51mg, Peonidin: 0.51mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 685.54kcal (34.28%), Fat: 28.99g (44.59%), Saturated Fat: 15.21g (95.06%), Carbohydrates: 99.53g (33.18%), Net Carbohydrates: 97.33g (35.39%), Sugar: 69.04g (76.71%), Cholesterol: 173.98mg (57.99%), Sodium: 311.02mg (13.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.41g (20.83%), Selenium: 25.76µg (36.8%), Manganese: 0.44mg (22%), Vitamin A: 895.23IU (17.9%), Vitamin B2: 0.28mg (16.56%), Vitamin E: 2.28mg (15.21%), Phosphorus: 148.11mg (14.81%), Fiber: 2.2g (8.81%), Copper: 0.17mg (8.34%), Vitamin B5: 0.82mg (8.16%), Magnesium: 31.93mg (7.98%), Folate: 31.94µg (7.98%), Iron: 1.28mg (7.13%), Potassium: 243.98mg (6.97%), Calcium: 69.62mg (6.96%), Zinc: 0.98mg (6.51%), Vitamin B12: 0.35µg (5.9%), Vitamin B6: 0.1mg (4.9%), Vitamin B1: 0.07mg (4.43%), Vitamin D: 0.6µg (4%), Vitamin B3: 0.65mg (3.24%), Vitamin C: 2.65mg (3.21%), Vitamin K: 2.85µg (2.72%)