



Voskos Greek Yogurt Pound Cake

 Vegetarian

READY IN



86 min.

SERVINGS



8

CALORIES



327 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon baking soda
- ☐ 0.5 cup lightly brown sugar packed
- ☐ 2 teaspoons butter melted
- ☐ 0.5 cup confectioners' sugar
- ☐ 2 large eggs
- ☐ 6.8 ounces flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.5 cup voskos greek yogurt room temperature (original)

- ☐ 0.3 teaspoon ground ginger
- ☐ 0.5 tablespoon juice of lemon fresh
- ☐ 2 teaspoons lemon zest packed
- ☐ 1 tablespoon milk
- ☐ 0.1 teaspoon nutmeg freshly grated
- ☐ 0.5 teaspoon salt
- ☐ 0.8 teaspoons vanilla extract
- ☐ 0.5 cup vegetable oil

Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F. Grease and flour an 8 1/2 by 4 1/2 inch metal loaf pan or line inside with nonstick foil. In a large mixing bowl, combine flour, both sugars, salt, baking soda, ginger and nutmeg. Stir thoroughly. Make a deep well in the center of the flour mixture and add the yogurt, oil, lemon zest, lemon juice, vanilla and eggs. With a large mixing spoon (I like using a heavy duty silicone scraper), mix the liquid ingredients together in the well, then mix the dry ingredients into the liquid and continue stirring until blended. Do not over-beat.
- ☐ Transfer the batter to the pan and bake on center rack for about 1 hour and 10 minutes.
- ☐ Let cool completely in the pan. When cool, prepare icing by mixing all icing ingredients together until smooth.
- ☐ Drizzle over cake and let set.

Nutrition Facts



Properties

Glycemic Index:37.89, Glycemic Load:30.8, Inflammation Score:-2, Nutrition Score:5.7091303493666%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 326.96kcal (16.35%), Fat: 5.37g (8.26%), Saturated Fat: 1.55g (9.66%), Carbohydrates: 65.15g (21.72%), Net Carbohydrates: 64.43g (23.43%), Sugar: 46.34g (51.48%), Cholesterol: 50.04mg (16.68%), Sodium: 198.27mg (8.62%), Alcohol: 0.13g (100%), Alcohol %: 0.14% (100%), Protein: 5.46g (10.92%), Selenium: 13.69µg (19.56%), Vitamin B1: 0.2mg (13.25%), Vitamin B2: 0.22mg (13.03%), Folate: 51.31µg (12.83%), Manganese: 0.2mg (10.11%), Iron: 1.48mg (8.23%), Vitamin B3: 1.49mg (7.43%), Phosphorus: 70.85mg (7.08%), Vitamin K: 5.21µg (4.97%), Calcium: 39.82mg (3.98%), Vitamin B5: 0.37mg (3.68%), Vitamin B12: 0.21µg (3.52%), Fiber: 0.72g (2.89%), Copper: 0.06mg (2.81%), Zinc: 0.42mg (2.79%), Vitamin E: 0.4mg (2.68%), Magnesium: 10.03mg (2.51%), Potassium: 85.99mg (2.46%), Vitamin B6: 0.05mg (2.43%), Vitamin A: 102.63IU (2.05%), Vitamin D: 0.27µg (1.8%), Vitamin C: 1.01mg (1.22%)