

Buttermilk Pound Cake

Mrs. Hubert F. Brennan

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 16

3 cups sifted all-purpose flour
1/4 teaspoon baking soda
1 cup butter or margarine
2 3/4 cups sugar
4 eggs
1 tablespoon grated lemon rind OR 1
teaspoon vanilla (OR BOTH)
1 cup buttermilk

Preheat the oven to 350 degrees.

In a bowl, sift the flour and baking soda together.

In a bowl, cream the butter and sugar until well blended. Add the eggs, one at a time, beating well on high speed of an electric mixer after each addition until light and fluffy.

In a bowl, mix in the lemon rind or add the vanilla to the buttermilk. Mix thoroughly using the low speed of the mixer. Add the flour mixture alternately with the buttermilk to the creamed mixture. Mix only until the flour is moistened.

Pour the mixture into a greased ten-inch tube pan or greased bundt pan.

Bake for one hour and 10 minutes.

(This recipe produces a cake which may be frozen.)

Per Serving (excluding unknown items): 338 Calories; 13g Fat (34.4% calories from fat); 4g Protein; 52g Carbohydrate; 1g Dietary Fiber; 85mg Cholesterol; 171mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat; 2 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	338	Vitamin B6 (mg):	trace
% Calories from Fat:	34.4%	Vitamin B12 (mcg):	.2mcg

% Calories from Carbohydrates: 60.4%
% Calories from Protein: 5.2%
Total Fat (g): 13g
Saturated Fat (g): 8g
Monounsaturated Fat (g): 4g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 85mg
Carbohydrate (g): 52g
Dietary Fiber (g): 1g
Protein (g): 4g
Sodium (mg): 171mg
Potassium (mg): 67mg
Calcium (mg): 31mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 500IU
Vitamin A (r.e.): 126RE

Thiamin B1 (mg): .2mg
Riboflavin B2 (mg): .2mg
Folacin (mcg): 13mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0.0%

Food Exchanges

Grain (Starch): 1
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 2 1/2

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories 338 **Calories from Fat:** 116

% Daily Values*

Total Fat	13g	20%
	Saturated Fat 8g	38%
Cholesterol	85mg	28%
Sodium	171mg	7%
Total Carbohydrates	52g	17%
	Dietary Fiber 1g	2%
Protein	4g	
<hr/>		
Vitamin A		10%
Vitamin C		0%
Calcium		3%
Iron		7%

* Percent Daily Values are based on a 2000 calorie diet.