

Raspberry Swirl Pound Cake

*Carly Curtin - Ellicott City, MD
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Servings: 12

*1 cup unsalted butter, softened
2 1/2 cups sugar
5 eggs
2 teaspoons vanilla extract
3 cups all-purpose flour
1/2 teaspoon salt
1/2 teaspoon baking powder
1 cup 2% milk
1/2 cup seedless raspberry preserves
confectioner's sugar
fresh raspberries (optional)
mint leaves (optional)*

Preparation Time: 25 minutes

Bake: 1 hour

Preheat the oven to 325 degrees.

Grease and flour a ten-inch fluted tube pan.

In a large bowl, cream the butter and sugar until light and fluffy. Add the eggs, one at a time, beating well after each addition. Beat in the vanilla.

In another bowl, whisk the flour, salt and baking powder. Add to the creamed mixture alternately with the milk, beating after each addition just until combined.

Remove 2-1/3 cups of batter to a small bowl. Stir in the preserves until blended. Pour half of the plain batter into the prepared pan, spreading evenly. Top with raspberry batter, then the remaining plain batter. Cut through the batter with a knife to swirl.

Bake 1 to 1-1/4 hours or until a toothpick inserted in the center comes out clean. Cool in the pan for 10 minutes before removing to a wire rack to cool completely.

Dust with confectioner's sugar.

If desired, serve with raspberries and mint.

To remove the cake easily, use solid shortening to grease the tube pan.

Per Serving (excluding unknown items): 423 Calories; 16g Fat (33.7% calories from fat); 4g Protein; 67g Carbohydrate; 1g Dietary Fiber; 43mg Cholesterol; 122mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Non-Fat Milk; 3 Fat; 3 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	423
% Calories from Fat:	33.7%
% Calories from Carbohydrates:	62.4%
% Calories from Protein:	3.8%
Total Fat (g):	16g
Saturated Fat (g):	10g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	43mg
Carbohydrate (g):	67g
Dietary Fiber (g):	1g
Protein (g):	4g
Sodium (mg):	122mg
Potassium (mg):	71mg
Calcium (mg):	46mg
Iron (mg):	2mg
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	620IU
Vitamin A (r.e.):	154RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	50mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	2
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	3

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 423 Calories from Fat: 143

% Daily Values*

Total Fat 16g	25%
Saturated Fat 10g	49%
Cholesterol 43mg	14%
Sodium 122mg	5%
Total Carbohydrates 67g	22%
Dietary Fiber 1g	3%
Protein 4g	
Vitamin A	12%
Vitamin C	0%
Calcium	5%
Iron	9%

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