

# Almond Pound Cake

Mrs. John Day Powers

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

## Servings: 12

4 eggs  
milk  
2 cups flour  
2 cups sugar  
1 teaspoon baking powder  
1/4 teaspoon salt  
1 cup vegetable shortening  
1 1/2 teaspoons almond flavoring  
3/4 cup milk

Preheat the oven to 325 degrees.

Break the eggs into a measuring cup. Fill the measuring cup to the one-cup mark with milk.

In a mixing bowl, combine the egg-milk mixture, flour, sugar, baking powder, salt, vegetable shortening and almond flavoring. Beat at medium speed with an electric mixer for 3 minutes using a rubber spatula to stir the batter away from the sides of the bowl.

Add an additional 3/4 cup of milk. Beat for one minute or so more. Pour the batter into a greased and floured tube cake pan.

Bake for about one hour or until a toothpick comes out clean.

Cool on a rack for about 30 minutes before removing from the baking pan.

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

---

Per Serving (excluding unknown items): 393 Calories; 19g Fat (44.4% calories from fat); 5g Protein; 50g Carbohydrate; 1g Dietary Fiber; 73mg Cholesterol; 117mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 3 1/2 Fat; 2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	393	Vitamin B6 (mg):	trace
------------------	-----	------------------	-------

% Calories from Fat:	44.4%
% Calories from Carbohydrates:	50.8%
% Calories from Protein:	4.8%
Total Fat (g):	19g
Saturated Fat (g):	8g
Monounsaturated Fat (g):	8g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	73mg
Carbohydrate (g):	50g
Dietary Fiber (g):	1g
Protein (g):	5g
Sodium (mg):	117mg
Potassium (mg):	68mg
Calcium (mg):	53mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	101IU
Vitamin A (r.e.):	29RE

Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	14mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

### Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 12

### Amount Per Serving

**Calories** 393 **Calories from Fat:** 174

### % Daily Values\*

<b>Total Fat</b> 19g	30%
Saturated Fat 8g	39%
<b>Cholesterol</b> 73mg	24%
<b>Sodium</b> 117mg	5%
<b>Total Carbohydrates</b> 50g	17%
Dietary Fiber 1g	2%
<b>Protein</b> 5g	
<hr/>	
<b>Vitamin A</b>	2%
<b>Vitamin C</b>	0%
<b>Calcium</b>	5%
<b>Iron</b>	7%

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