

Orange Glazed Pound Cake

Sharron Gilbert

Trinity Jubilee Cookbook - Trinity United Methodist Church

Servings: 12

CAKE

1 package Duncan Hines Butter

Recipe golden cake mix

4 eggs

1 cup sour cream

1/3 cup vegetable oil

1/4 cup orange juice

2 tablespoons orange peel, grated

GLAZE

1 to 2 tablespoons orange juice

1 cup confectioner's sugar

Copyright: 9625 N. Military Trail,
Palm Beach Gardens, FL
TrinityPBG.org

Preheat the oven to 375 degrees.

Grease and flour a ten-inch tube pan or bundt pan.

In a large bowl, combine the cake mix, eggs, sour cream, oil, orange juice and orange peel. Beat at medium speed with an electric mixer for 2 minutes.

Pour the batter into the prepared pan.

Bake for 45 to 50 minutes or until a toothpick inserted into a central spot comes out clean.

Cool in the pan for 25 minutes. Invert onto a cooling rack. Cool completely.

In a small bowl, combine the orange juice and confectioner's sugar. Stir until smooth.

Drizzle the glaze over the cake. Garnish as desired.

Per Serving (excluding unknown items): 169 Calories; 12g Fat (61.6% calories from fat); 3g Protein; 14g Carbohydrate; trace Dietary Fiber; 79mg Cholesterol; 34mg Sodium. Exchanges: 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 2 Fat; 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):

169

Vitamin B6 (mg):

trace

% Calories from Fat: 61.6%
 % Calories from Carbohydrates: 31.7%
 % Calories from Protein: 6.7%
 Total Fat (g): 12g
 Saturated Fat (g): 4g
 Monounsaturated Fat (g): 5g
 Polyunsaturated Fat (g): 2g
 Cholesterol (mg): 79mg
 Carbohydrate (g): 14g
 Dietary Fiber (g): trace
 Protein (g): 3g
 Sodium (mg): 34mg
 Potassium (mg): 102mg
 Calcium (mg): 34mg
 Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): 13mg
 Vitamin A (i.u.): 284IU
 Vitamin A (r.e.): 81 1/2RE

Vitamin B12 (mcg): .3mcg
 Thiamin B1 (mg): trace
 Riboflavin B2 (mg): .1mg
 Folic Acid (mcg): 24mcg
 Niacin (mg): trace
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Refuse: 0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 169 Calories from Fat: 104

% Daily Values*

Total Fat	12g	18%
Saturated Fat	4g	19%
Cholesterol	79mg	26%
Sodium	34mg	1%
Total Carbohydrates	14g	5%
Dietary Fiber	trace	0%
Protein	3g	
Vitamin A		6%
Vitamin C		22%
Calcium		3%
Iron		2%

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