

# Simple Lemon Pound Cake

*Paula Macri - Gattuso's Bella Cucina  
Scripps Treasure Coast Newspapers*

*3 sticks butter, softened  
1 package (8 ounce) cream cheese,  
softened  
3 cups sugar  
6 large eggs, room temperature  
2 tablespoons lemon juice  
zest of one lemon  
3 cups flour  
1 teaspoon salt  
1 tablespoon vanilla extract  
GLAZE  
1 1/2 cups powdered sugar  
3 tablespoons half and half*

Preheat the oven to 325 degrees.

Spray a Bundt pan with nonstick cooking spray.

In a mixing bowl, cream the butter, cream cheese and the sugar until fluffy. On low speed, add the eggs, one at a time. Add the lemon juice and the lemon zest. Mix all together until well blended.

Add the flour, salt and vanilla. Mix until all are blended together, but do not overmix.

Pour the mixture into the Bundt pan.

Bake for one and one-half hours, until golden brown and a knife inserted into the center comes out clean.

Remove from the oven and let cool for 5 minutes. Remove the cake from the pan and cool completely.

In a small bowl, make the glaze by stirring in the powdered sugar and half & half until you get the desired consistency. Drizzle the glaze over the top of the cake and garnish with lemon slices, if desired.

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Per Serving (excluding unknown items): 8184 Calories; 396g Fat (43.0% calories from fat); 98g Protein; 1082g Carbohydrate; 11g Dietary Fiber; 2288mg Cholesterol; 6081mg Sodium. Exchanges: 19 Grain(Starch); 7 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 73 1/2 Fat; 52 1/2 Other Carbohydrates.

Desserts

**Per Serving Nutritional Analysis**

Calories (kcal):	8184
% Calories from Fat:	43.0%
% Calories from Carbohydrates:	52.2%
% Calories from Protein:	4.7%
Total Fat (g):	396g
Saturated Fat (g):	236g
Monounsaturated Fat (g):	116g
Polyunsaturated Fat (g):	19g
Cholesterol (mg):	2288mg
Carbohydrate (g):	1082g
Dietary Fiber (g):	11g
Protein (g):	98g
Sodium (mg):	6081mg
Potassium (mg):	1281mg
Calcium (mg):	551mg
Iron (mg):	27mg
Zinc (mg):	8mg
Vitamin C (mg):	14mg
Vitamin A (i.u.):	15381IU
Vitamin A (r.e.):	4052 1/2RE

Vitamin B6 (mg):	.7mg
Vitamin B12 (mcg):	5.4mcg
Thiamin B1 (mg):	3.2mg
Riboflavin B2 (mg):	4.0mg
Folacin (mcg):	287mcg
Niacin (mg):	23mg
Caffeine (mg):	0mg
Alcohol (kcal):	38
% Deficit:	0.0%

**Food Exchanges**

Grain (Starch):	19
Lean Meat:	7 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	73 1/2
Other Carbohydrates:	52 1/2

**Nutrition Facts**

Amount Per Serving

Calories 8184                      Calories from Fat: 3519

% Daily Values\*

<b>Total Fat</b> 396g	609%
Saturated Fat 236g	1179%
<b>Cholesterol</b> 2288mg	763%
<b>Sodium</b> 6081mg	253%
<b>Total Carbohydrates</b> 1082g	361%
Dietary Fiber 11g	44%
<b>Protein</b> 98g	
<b>Vitamin A</b>	308%
<b>Vitamin C</b>	24%
<b>Calcium</b>	55%
<b>Iron</b>	149%

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