

Two-Step Fresh Poundcake

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Servings: 10

4 cups all-purpose flour
3 cups sugar
2 cups butter, softened
1/2 cup milk
1/2 cup peach schnapps
6 large eggs
2 teaspoons vanilla extract
2 1/2 cups fresh peaches, diced

Preheat the oven to 325 degrees.

Place the flour, sugar, butter, milk, peach schnapps, eggs and vanilla (in that order) into the four-quart bowl of a heavy-duty electric stand mixer. Beat at low speed for 1 minute, stopping to scrape down the sides. Beat at medium speed for 2 minutes. Stir in the peaches. Pour into a greased and floured ten-inch (16 cup) tube pan.

Bake for one hour and 30 minutes to one hour and 35 minutes or until a wooden pick inserted in the center comes out clean. Cool in the pan on a wire rack for 20 minutes.

Remove from the pan to a wire rack and cool completely (about one hour).

Per Serving (excluding unknown items): 812 Calories; 41g Fat (44.6% calories from fat); 10g Protein; 104g Carbohydrate; 2g Dietary Fiber; 228mg Cholesterol; 424mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 7 1/2 Fat; 4 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	812	Vitamin B6 (mg):	.1mg
% Calories from Fat:	44.6%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	50.6%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	4.9%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	41g	Folacin (mcg):	95mcg
Saturated Fat (g):	24g	Niacin (mg):	3mg
			0mg

Monounsaturated Fat (g): 12g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 228mg
Carbohydrate (g): 104g
Dietary Fiber (g): 2g
Protein (g): 10g
Sodium (mg): 424mg
Potassium (mg): 208mg
Calcium (mg): 51mg
Iron (mg): 3mg
Zinc (mg): 1mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 1775IU
Vitamin A (r.e.): 413RE

Caffeine (mg):
Alcohol (kcal): 3
% Refused: n n%

Food Exchanges

Grain (Starch): 2 1/2
Lean Meat: 1/2
Vegetable: 0
Fruit: 1/2
Non-Fat Milk: 0
Fat: 7 1/2
Other Carbohydrates: 4

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 812 **Calories from Fat:** 362

% Daily Values*

Total Fat 41g		63%
Saturated Fat 24g		121%
Cholesterol 228mg		76%
Sodium 424mg		18%
Total Carbohydrates 104g		35%
Dietary Fiber 2g		9%
Protein 10g		
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Vitamin A		35%
Vitamin C		5%
Calcium		5%
Iron		17%

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