



Sour Cream Lemon Pound Cake

Serves 24

Traditional sour cream pound cake recipes call for 3 to 4 sticks of butter, 5 - 6 eggs, and full-fat sour cream. Our healthier recipe uses trans fat free margarine, egg substitute and nonfat sour cream.

CAKE

¾ cup trans fat free margarine (Promise Buttery Spread or Smart Balance)
2 2/3 cups sugar
1 ¼ cup egg substitute or egg whites
1 ½ cup nonfat sour cream
3 cups all-purpose flour*
1 ½ cups whole wheat flour*
1 tsp. baking powder
¼ tsp. salt
1 tsp. lemon juice
1 tsp. vanilla extract
Cooking spray

- Preheat oven to 325°.
- In a large bowl beat trans fat free margarine on medium speed until creamy. Gradually add sugar, beating well. Beat in egg substitute. Add sour cream, lemon juice and vanilla extract.
- In another bowl combine flour, baking powder, and salt.
- Combine sugar mixture with the flour mixture and stir well.

BAKE in sprayed 10" tube or bundt pan for 1 hr 2 min, till toothpick tests clean.

GLAZE

½ cup sifted powdered sugar
1 tsp. lemon rind
2 tsp. lemon juice
Lemon slices optional as garnish
*Use 4 ½ cups all-purpose flour and omit the whole wheat flour.

GLAZE: Whisk powdered sugar & rind with enough juice to make a thick but pourable glaze. Drizzle over warm cake.

Nutritional Information "Healthy" Sour Cream Pound Cake (per slice):

Calories: 239	Carbohydrate: 44.6g	Total Fat: 5.2g
Saturated Fat: 1.1g	Dietary Fiber: 1.8g	Proteins: 4.6g

Nutritional Information for Traditional Sour Cream Pound Cake (per slice):

Calories: 293	Carbohydrate: 37.5g	Total Fat: 14.7g
Saturated Fat: 8.8g	Dietary Fiber: 0.5g	Proteins: 3.4g