



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

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.

- 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.
- Spray a 10 inch tube pan (or bundt pan) with cooking spray. Spoon batter into pan and bake for 1 hour and 20 minutes or until an inserted toothpick comes out clean.
- **GLAZE:** Whisk powdered sugar, lemon rind and enough lemon juice to make a thick, but pourable glaze. Drizzle over cake. Let cool and garnish with lemon slices.

Recipe adapted from Cooking Light Magazine.

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

Calories: 239

Carbohydrate: 44.6g

Total Fat: 5.2g

Dietary Fiber: 1.8g

Saturated Fat: 1.1g

Protein: 4.6g

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

Calories: 293

Carbohydrate: 37.5g

Total Fat: 14.7g

Dietary Fiber: 0.5g

Saturated Fat: 8.8g

Protein: 3.4g

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