

tasteofhome

Pound Cake



"This is my own low-fat recipe and I often use cubes of it to make a wonderfully light blueberry trifle," writes Joyce Grasby from Rochester, New York. She also likes to spoon fresh or frozen fruit or berries over each slice for added flavor.

12 Servings Prep: 15 min. Bake: 45 min. + cooling

Ingredients

- 1/2 cup butter, softened
- 3/4 cup sugar
- 3 eggs
- 1/4 cup unsweetened applesauce
- 1-1/4 teaspoons vanilla extract
- 1/2 teaspoon grated lemon peel
- 1-1/4 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt

Directions

- In a small bowl, cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Stir in the applesauce, vanilla and lemon peel. Combine the flour, baking powder and salt; add to creamed mixture just until blended.
- Transfer to an 8-in. x 4-in. loaf pan coated with cooking spray. Bake at 350° for 45-55 minutes or until golden brown and a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely. Yield: 12 servings.

Nutrition Facts: 1 slice equals 185 calories, 9 g fat (5 g saturated fat), 74 mg cholesterol, 159 mg sodium, 23 g carbohydrate, trace fiber,

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Nutrition Facts: 3 g protein. **Diabetic Exchanges:** 1-1/2 starch, 1-1/2 fat.