

DESSERTS (CAKES AND FROSTINGS) No.G 021 00
POUND CAKE

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
284 cal	35 g	4 g	14 g	60 mg	186 mg	31 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 SUGAR,GRANULATED
 SALT
 BAKING POWDER
 MILK,NONFAT,DRY
 SHORTENING
 WATER
 EGGS,WHOLE,FROZEN
 EXTRACT,VANILLA
 COOKING SPRAY,NONSTICK

Weight

4-3/8 lbs
 4-1/4 lbs
 1-1/4 oz
 3/4 oz
 1-5/8 oz
 2-3/4 lbs
 1-7/8 lbs
 3 lbs
 1-7/8 oz
 2 oz

Measure

1 gal
 2 qts 1-5/8 cup
 2 tbsp
 1 tbsp
 1/2 cup 2-2/3 tbsp
 1 qts 2 cup
 3-1/2 cup
 1 qts 1-5/8 cup
 1/4 cup 1/3 tbsp
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Sift together flour, sugar, salt, baking powder, and milk into mixer bowl.
- 2 Add shortening and water to dry ingredients. Beat at medium speed 7 minutes. Scrape down bowl.
- 3 Add eggs and vanilla slowly to mixture while beating at low speed. Beat at low speed 7 minutes. Scrape down bowl.
- 4 Lightly spray each pan with non-stick cooking spray. Pour 2-1/2 quarts batter into each sprayed and floured pan.
- 5 Using a convection oven, bake at 325 F. for 1 hour 5 minutes or until done on low fan, open vent.
- 6 Cool; cut 6x9.