Sweet Potato Pound Cake with Orange Glaze

The sweet orange glaze over this spiced cake will make this a sensational choice for dessert.

Ingredients:

1/2 cup margarine
1 cup sugar
1 large egg
3 large egg whites
2 (15-oz.) cans sweet potatoes (yams), drained and mashed or 2 cups fresh sweet potatoes, cooked and mashed
1 tsp. vanilla extract
2 1/2 cups all purpose flour
1 tsp. baking powder
1 tsp. baking soda
1 tsp. ground cinnamon
1/2 tsp. ground nutmeg
1 tsp. grated orange rind
1/3 cup flaked coconut
1/2 cup coarsely chopped walnuts, optional
2-3 tbsp. orange juice
1 cup confectioners' sugar

Instructions:

Preheat oven to 350 degrees. In mixing bowl, beat together margarine and sugar until blended. Add egg and egg whites, one at a time, beating well after each addition. Mix in sweet potatoes and vanilla. In another bowl, mix together flour, baking powder, baking soda, cinnamon, nutmeg, and orange rind. Gradually add flour mixture to creamed mixture, beating well after each additions. Stir in coconut and walnuts. Pour batter into a 10-inch bundt pan coated with nonstick cooking spray. Bake 45 to 50 minutes or until a wooden pick inserted in center of cake comes out clean. Cool in pan for 10 minutes; invert onto a serving plate. In small bowl, mix together orange juice and confectioners' sugar. Spoon glaze over cake. Makes 16 servings.

Nutrition:

Per serving: CAL 265 (30% from fat); FAT 9g; PROTEIN 4.7g; CARB 42.3g; CHOL 13mg; SODIUM 175mg

Credits:

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