



Lemon Pound Cake

Recipe courtesy Chef Bryan Woolley

1 cup all purpose flour
¼ tsp baking powder
2/3 c sugar
1/3 c butter, room temperature
2 large egg whites
1 large egg
1 tsp grated lemon rind
1 tsp lemon extract
¼ cup low fat vanilla yogurt

1. Coat loaf pan with cooking spray. Dust completely with flour, knocking off excess.
2. Combine flour and baking powder with whisk. Set aside.
3. Beat sugar and butter together until light and fluffy. Add egg and whites.
4. Add lemon rind and extract.
5. Add ½ flour mix, and ½ yogurt. Mix well. Add remaining flour. Mix well. Add remaining yogurt and finish mixing.
6. Pour into prepared pan. Bake at 350 degrees for 45 minutes, or until toothpick comes out clean.
7. Cool for 10 minutes. Remove from pan and cool on rack.
8. Serves 8.

Nutrition Facts

Calories	210
Total Fat	8g
Saturated Fat	5g
Cholesterol	45mg
Sodium	95mg
Carbohydrates	30g
Dietary Fiber	0g
Protein	4g

Diabetic Exchanges

Protein	0
Carbohydrates	2
Fat	1.5