



Almond Rum Cake

 Vegetarian

READY IN



120 min.

SERVINGS



10

CALORIES



403 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 0.5 cup blanched almonds and finely chopped
- ☐ 0.7 cup butter softened
- ☐ 0.5 teaspoon cream of tartar
- ☐ 2 teaspoons rum dark
- ☐ 3 eggs

- ☐ 2.3 cups flour all-purpose
- ☐ 2 teaspoons juice of lemon
- ☐ 2 teaspoons lemon zest
- ☐ 0.8 cup milk
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups sugar white

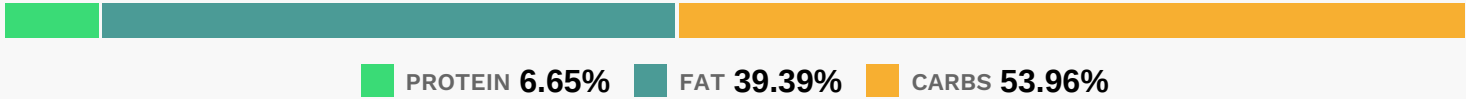
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C). Grease one 10 inch tube pan and sprinkle the almonds evenly over the bottom.
- ☐ Separate the eggs. In a bowl, beat the egg whites with the cream of tartar until stiff. Set aside.
- ☐ In a large bowl, cream the butter with the sugar. Beat in the egg yolks, then the vanilla, almond extract, lemon juice, lemon rind, and milk.
- ☐ In another bowl, stir together the flour, baking powder, and baking soda. Beat into the creamed mixture. Stir in about 1/3 of the egg whites to lighten the batter and then fold in the rest gently but thoroughly. Turn batter into the prepared pan.
- ☐ Bake at 300 degrees F (150 degrees C) for 1-1/2 hours or until cake tests done when a toothpick inserted neat the center comes out clean. As soon as you remove the cake from the oven, sprinkle the top evenly with the rum.
- ☐ Transfer to a rack to cool. Makes about 14 servings.

Nutrition Facts



Properties

Glycemic Index:34.01, Glycemic Load:37.58, Inflammation Score:-5, Nutrition Score:8.5800000895625%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 402.74kcal (20.14%), Fat: 17.78g (27.36%), Saturated Fat: 8.82g (55.16%), Carbohydrates: 54.81g (18.27%), Net Carbohydrates: 53.36g (19.4%), Sugar: 31.39g (34.88%), Cholesterol: 83.84mg (27.95%), Sodium: 292.15mg (12.7%), Alcohol: 0.61g (100%), Alcohol %: 0.66% (100%), Protein: 6.75g (13.5%), Selenium: 14.83µg (21.18%), Vitamin B1: 0.26mg (17.19%), Vitamin B2: 0.29mg (16.84%), Manganese: 0.32mg (16.09%), Folate: 63.35µg (15.84%), Vitamin E: 2mg (13.35%), Phosphorus: 127.57mg (12.76%), Iron: 1.91mg (10.59%), Calcium: 100.66mg (10.07%), Vitamin B3: 1.98mg (9.91%), Vitamin A: 479.81IU (9.6%), Magnesium: 27.68mg (6.92%), Copper: 0.12mg (5.98%), Fiber: 1.45g (5.81%), Vitamin B5: 0.44mg (4.38%), Zinc: 0.66mg (4.37%), Potassium: 150.08mg (4.29%), Vitamin B12: 0.24µg (4.03%), Vitamin D: 0.47µg (3.1%), Vitamin B6: 0.06mg (2.77%), Vitamin K: 1.24µg (1.18%), Vitamin C: 0.9mg (1.09%)