



Boozy Irish Whiskey Cakes

READY IN



105 min.

SERVINGS



12

CALORIES



346 kcal

DESSERT

Ingredients

- ☐ 3 eggs
- ☐ 2 tablespoons espresso powder instant
- ☐ 0.8 cup sugar
- ☐ 0.3 cup butter unsalted cut into pieces
- ☐ 0.5 cup butter unsalted softened
- ☐ 0.3 cup water
- ☐ 0.7 cup water
- ☐ 0.3 cup irish whiskey
- ☐ 2 tablespoons irish whiskey

☐ 1 box cake mix yellow

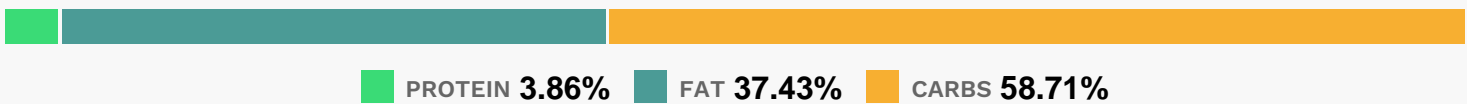
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ toothpicks
- ☐ microwave

Directions

- ☐ Heat oven to 350F. Spray 12 mini fluted tube cake pans with cooking spray.
- ☐ In small microwavable bowl, stir coffee powder and 2 tablespoons whiskey with whisk until combined. Microwave on High about 10 seconds or just until warm; set aside.
- ☐ In large bowl, beat cake mix, 1/2 cup butter, the eggs, 2/3 cup water and 1/4 cup whiskey with electric mixer on low speed 30 seconds.
- ☐ Add coffee mixture. Beat on medium speed 2 minutes. Divide batter evenly among cake pans.
- ☐ Bake about 20 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove cakes from pans to cooling racks. Cool completely, about 1 hour.
- ☐ In small heavy saucepan, mix sauce ingredients. Cook over low heat, stirring constantly, until sugar is dissolved and butter is melted.
- ☐ To serve, place cakes on dessert plates; drizzle with sauce.

Nutrition Facts



Properties

Glycemic Index:8.34, Glycemic Load:8.73, Inflammation Score:-3, Nutrition Score:4.9721738825674%

Nutrients (% of daily need)

Calories: 345.61kcal (17.28%), Fat: 13.8g (21.22%), Saturated Fat: 8.33g (52.07%), Carbohydrates: 48.68g (16.23%), Net Carbohydrates: 48.16g (17.51%), Sugar: 31.18g (34.65%), Cholesterol: 71.42mg (23.81%), Sodium: 332.16mg (14.44%), Alcohol: 2.67g (100%), Alcohol %: 3.16% (100%), Caffeine: 26.17mg (8.72%), Protein: 3.2g (6.4%), Phosphorus: 161.49mg (16.15%), Calcium: 102.31mg (10.23%), Vitamin B2: 0.16mg (9.28%), Folate: 34.89µg (8.72%), Vitamin A: 413.95IU (8.28%), Selenium: 4.99µg (7.13%), Vitamin B1: 0.11mg (7.02%), Iron: 1.14mg (6.31%), Vitamin B3: 1.25mg (6.25%), Vitamin E: 0.84mg (5.61%), Manganese: 0.1mg (5.06%), Vitamin B5: 0.34mg (3.42%), Vitamin D: 0.43µg (2.89%), Vitamin B12: 0.17µg (2.75%), Vitamin B6: 0.05mg (2.63%), Copper: 0.05mg (2.36%), Magnesium: 8.82mg (2.2%), Vitamin K: 2.29µg (2.18%), Fiber: 0.52g (2.07%), Potassium: 68.66mg (1.96%), Zinc: 0.28mg (1.86%)