



Boozy Irish Whiskey Cakes

 Vegetarian  Gluten Free  Low Fod Map

READY IN



105 min.

SERVINGS



12

CALORIES



113 kcal

DESSERT

Ingredients

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

Equipment

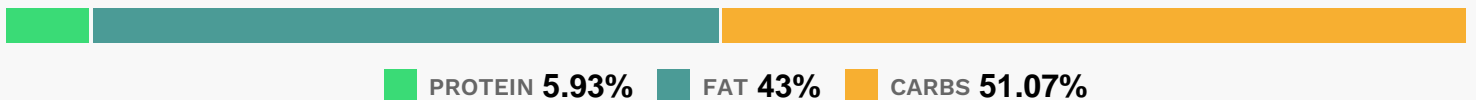
- bowl

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

Directions

- Heat oven to 350°F. 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:7.09, Glycemic Load:8.73, Inflammation Score:-1, Nutrition Score:1.4247826169366%

Nutrients (% of daily need)

Calories: 113kcal (5.65%), Fat: 4.93g (7.58%), Saturated Fat: 2.78g (17.35%), Carbohydrates: 13.17g (4.39%), Net Carbohydrates: 13.17g (4.79%), Sugar: 12.52g (13.91%), Cholesterol: 51.09mg (17.03%), Sodium: 16.82mg (0.73%), Alcohol: 1.77g (100%), Alcohol %: 5.77% (100%), Caffeine: 26.17mg (8.72%), Protein: 1.53g (3.06%), Selenium: 3.6µg (5.15%), Vitamin A: 177.58IU (3.55%), Vitamin B2: 0.05mg (3.23%), Phosphorus: 25.59mg (2.56%), Vitamin D: 0.29µg (1.94%), Vitamin B12: 0.11µg (1.77%), Vitamin B5: 0.17mg (1.75%), Vitamin E: 0.23mg (1.5%), Folate: 5.31µg (1.33%), Iron:

0.24mg (1.32%), Potassium: 46.11mg (1.32%), Vitamin B3: 0.25mg (1.24%), Magnesium: 4.19mg (1.05%), Zinc: 0.15mg (1.01%)