



Bourbon Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



736 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 8 servings bourbon syrup
- ☐ 1.3 cups buttermilk
- ☐ 8 ounce dates chopped
- ☐ 4 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 1.5 teaspoons ground allspice
- ☐ 1.5 teaspoons ground cinnamon

- ☐ 1.5 teaspoons ground nutmeg
- ☐ 1 teaspoon salt
- ☐ 2 cups sugar
- ☐ 1.5 teaspoons vanilla extract
- ☐ 1.3 cups vegetable oil
- ☐ 1.3 cups walnuts toasted chopped

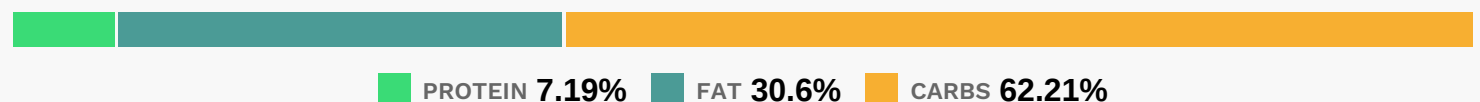
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ kugelhkopf pan

Directions

- ☐ Beat first 4 ingredients at medium speed with an electric mixer until smooth.
- ☐ Combine flour and next 5 ingredients; add to sugar mixture alternately with buttermilk, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Stir in walnuts and dates.
- ☐ Pour into a greased and floured 12-cup Bundt pan.
- ☐ Bake at 350 for 1 hour and 10 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Place on a wire rack. Pierce cake halfway through at 1-inch intervals with a long wooden pick.
- ☐ Pour half of syrup over cake. Cool in pan on wire rack 15 minutes. Invert onto plate; pierce top and sides with long pick.
- ☐ Pour remaining syrup over cake; brush onto sides until absorbed.

Nutrition Facts



Properties

Glycemic Index:44.14, Glycemic Load:71.65, Inflammation Score:-6, Nutrition Score:17.466956506605%

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 736.08kcal (36.8%), Fat: 24.59g (37.82%), Saturated Fat: 4.04g (25.23%), Carbohydrates: 112.49g (37.5%), Net Carbohydrates: 107.29g (39.01%), Sugar: 70.76g (78.63%), Cholesterol: 97.4mg (32.47%), Sodium: 576.38mg (25.06%), Alcohol: 5.27g (100%), Alcohol %: 2.53% (100%), Protein: 12.99g (25.99%), Manganese: 1.16mg (58.14%), Selenium: 27.18µg (38.83%), Vitamin B1: 0.48mg (32.05%), Folate: 124.47µg (31.12%), Vitamin B2: 0.47mg (27.88%), Copper: 0.48mg (23.93%), Phosphorus: 221.28mg (22.13%), Fiber: 5.2g (20.79%), Iron: 3.59mg (19.92%), Vitamin B3: 3.43mg (17.13%), Magnesium: 61.83mg (15.46%), Vitamin K: 15.11µg (14.39%), Potassium: 419.94mg (12%), Vitamin B6: 0.23mg (11.57%), Calcium: 104.89mg (10.49%), Vitamin B5: 1.02mg (10.2%), Zinc: 1.52mg (10.12%), Vitamin E: 1.07mg (7.15%), Vitamin D: 1.02µg (6.8%), Vitamin B12: 0.41µg (6.77%), Vitamin A: 211.25IU (4.22%)