



Bourbon Pecan Cake

 Vegetarian

READY IN



80 min.

SERVINGS



15

CALORIES



542 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup bourbon
- ☐ 1 cup butter
- ☐ 2 cups currants
- ☐ 5 egg whites
- ☐ 5 egg yolks
- ☐ 2 cups flour all-purpose
- ☐ 3 teaspoons nutmeg

- ☐ 3 cups pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 cups sugar white

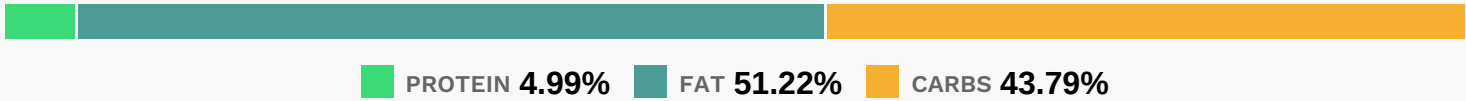
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan.
- ☐ Combine 1 cup of the flour with currants and pecans. Set aside.
- ☐ Mix together the remaining 2 cups flour, baking powder, salt and nutmeg. Set aside. In a large bowl, cream together the butter and sugar until light and fluffy. Beat in the egg yolks one at a time, then beat in the flour mixture alternately with the bourbon. Stir in the currant pecan mixture.
- ☐ In a large bowl, beat the egg whites until stiff. Gently fold egg whites into the cake batter.
- ☐ Pour batter into prepared pan.
- ☐ Bake in the preheated oven for 60 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

Nutrition Facts



Properties

Glycemic Index:27.14, Glycemic Load:31.62, Inflammation Score:-5, Nutrition Score:11.258695545404%

Flavonoids

Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg Delphinidin: 1.59mg, Delphinidin: 1.59mg, Delphinidin: 1.59mg, Delphinidin: 1.59mg Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin:

0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3–gallate: 0.5mg, Epigallocatechin 3–gallate: 0.5mg, Epigallocatechin 3–gallate: 0.5mg, Epigallocatechin 3–gallate: 0.5mg

Nutrients (% of daily need)

Calories: 542.02kcal (27.1%), Fat: 30.01g (46.17%), Saturated Fat: 9.84g (61.53%), Carbohydrates: 57.73g (19.24%), Net Carbohydrates: 54.26g (19.73%), Sugar: 39.71g (44.13%), Cholesterol: 97.34mg (32.45%), Sodium: 259.92mg (11.3%), Alcohol: 5.34g (100%), Alcohol %: 5.11% (100%), Protein: 6.58g (13.15%), Manganese: 1.2mg (60.25%), Vitamin B1: 0.32mg (21.3%), Copper: 0.36mg (17.96%), Selenium: 12.29µg (17.56%), Phosphorus: 139.1mg (13.91%), Fiber: 3.47g (13.89%), Vitamin B2: 0.22mg (13.21%), Folate: 47.13µg (11.78%), Iron: 1.95mg (10.84%), Magnesium: 39.54mg (9.88%), Vitamin A: 491.33IU (9.83%), Zinc: 1.35mg (8.99%), Potassium: 285.25mg (8.15%), Calcium: 79.12mg (7.91%), Vitamin B3: 1.58mg (7.88%), Vitamin B6: 0.13mg (6.63%), Vitamin E: 0.84mg (5.61%), Vitamin B5: 0.48mg (4.85%), Vitamin B12: 0.15µg (2.53%), Vitamin K: 2.55µg (2.43%), Vitamin D: 0.32µg (2.16%), Vitamin C: 1.15mg (1.4%)