



Bourbon-Pecan Pudding Cake

READY IN



45 min.

SERVINGS



9

CALORIES



281 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 3 tablespoons bourbon divided
- ☐ 0.7 cup firmly brown sugar packed
- ☐ 0.8 cup firmly brown sugar packed
- ☐ 1 tablespoon butter
- ☐ 1.5 cups flour all-purpose divided
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup milk 1% low-fat
- ☐ 0.3 cup pecans chopped

- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons stick margarine softened
- ☐ 1 cup water boiling

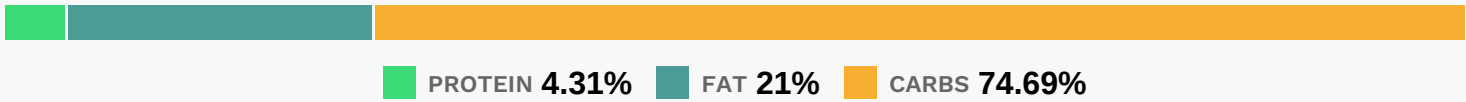
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 350
- ☐ Melt 1 tablespoon butter in a small skillet over medium heat; add pecans. Cook 3 minutes or until toasted, stirring often. Set aside, and let cool.
- ☐ Combine 3/4 cup brown sugar and 2 tablespoons butter in a bowl; beat at medium speed of a mixer 3 minutes.
- ☐ Add milk and 1 tablespoon bourbon; beat well.
- ☐ Combine 1 1/4 cups flour, baking powder, cinnamon, and salt; gradually add to sugar mixture, beating well. Spoon batter into an 8-inch square baking pan coated with cooking spray.
- ☐ Combine remaining 1/4 cup flour, remaining 2 tablespoons bourbon, and 2/3 cup brown sugar in a small bowl; sprinkle over batter. Top with reserved toasted pecans.
- ☐ Pour boiling water over batter (do not stir).
- ☐ Bake at 350 for 35 to 40 minutes or until cake springs back when touched lightly in center.
- ☐ Let stand 10 minutes.
- ☐ Serve warm with ice cream.

Nutrition Facts



Properties

Glycemic Index:21.89, Glycemic Load:11.68, Inflammation Score:-3, Nutrition Score:5.0495652146637%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 280.97kcal (14.05%), Fat: 6.41g (9.86%), Saturated Fat: 1.1g (6.89%), Carbohydrates: 51.29g (17.1%), Net Carbohydrates: 50.38g (18.32%), Sugar: 34.42g (38.24%), Cholesterol: 0.66mg (0.22%), Sodium: 165.22mg (7.18%), Alcohol: 1.67g (100%), Alcohol %: 1.95% (100%), Protein: 2.96g (5.92%), Manganese: 0.32mg (16.07%), Vitamin B1: 0.19mg (12.79%), Selenium: 7.87µg (11.25%), Folate: 39.45µg (9.86%), Calcium: 93.05mg (9.31%), Iron: 1.37mg (7.63%), Vitamin B2: 0.13mg (7.49%), Vitamin B3: 1.32mg (6.61%), Phosphorus: 61.77mg (6.18%), Copper: 0.09mg (4.42%), Vitamin A: 200.9IU (4.02%), Fiber: 0.91g (3.65%), Magnesium: 13.59mg (3.4%), Potassium: 104.36mg (2.98%), Zinc: 0.36mg (2.38%), Vitamin B5: 0.21mg (2.15%), Vitamin B6: 0.04mg (1.91%), Vitamin B12: 0.08µg (1.41%), Vitamin E: 0.21mg (1.4%)