



Brown Sugar-Bourbon Bundt

READY IN



155 min.

SERVINGS



12

CALORIES



590 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 cup bourbon
- ☐ 1 cup butter softened
- ☐ 5 large eggs
- ☐ 5 oz evaporated milk canned
- ☐ 3 cups flour all-purpose
- ☐ 16 oz brown sugar light
- ☐ 12 servings garnishes: candied oranges
- ☐ 2 tablespoons powdered sugar

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 1 tablespoon vanilla bean paste

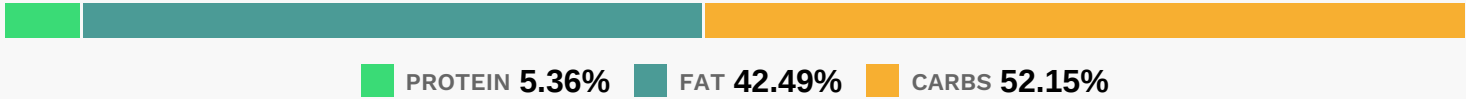
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ stand mixer
- ☐ kugelhopf pan

Directions

- ☐ Preheat oven to 32
- ☐ Beat butter and shortening at medium speed with a heavy-duty electric stand mixer until creamy. Gradually add brown sugar, beating at medium speed until light and creamy.
- ☐ Add eggs, 1 at a time, beating just until blended after each addition.
- ☐ Stir together evaporated milk and bourbon in a bowl. Stir together flour, baking powder, and salt in another bowl.
- ☐ Add flour mixture to butter mixture alternately with milk mixture, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Stir in vanilla bean paste.
- ☐ Pour batter into a greased and floured 10-inch (12-cup) Bundt pan.
- ☐ Bake at 325 for 1 hour and 5 minutes to 1 hour and 10 minutes or until a long wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 to 15 minutes; remove from pan to wire rack. Cool completely (about 1 hour). Dust top lightly with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:22.88, Glycemic Load:20.9, Inflammation Score:-7, Nutrition Score:13.201304300972%

Flavonoids

Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 589.94kcal (29.5%), Fat: 27.17g (41.8%), Saturated Fat: 13.11g (81.97%), Carbohydrates: 75.02g (25.01%), Net Carbohydrates: 72.02g (26.19%), Sugar: 48.49g (53.88%), Cholesterol: 121.6mg (40.53%), Sodium: 289.98mg (12.61%), Alcohol: 3.34g (100%), Alcohol %: 1.82% (100%), Protein: 7.71g (15.42%), Vitamin C: 48.1mg (58.31%), Selenium: 18.36µg (26.23%), Folate: 95.87µg (23.97%), Vitamin B1: 0.34mg (22.72%), Vitamin B2: 0.33mg (19.41%), Vitamin A: 815.96IU (16.32%), Manganese: 0.27mg (13.42%), Calcium: 129.05mg (12.9%), Iron: 2.23mg (12.38%), Phosphorus: 121.68mg (12.17%), Fiber: 3g (12.02%), Vitamin B3: 2.19mg (10.94%), Vitamin E: 1.38mg (9.21%), Potassium: 315.97mg (9.03%), Vitamin B5: 0.89mg (8.85%), Vitamin B6: 0.13mg (6.27%), Magnesium: 25.04mg (6.26%), Copper: 0.12mg (6.12%), Vitamin K: 6.1µg (5.81%), Zinc: 0.67mg (4.49%), Vitamin B12: 0.24µg (3.94%), Vitamin D: 0.43µg (2.86%)