



Butter Rum Pound Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



273 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 2 large eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 6.8 ounces flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 1 cup powdered sugar

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup spiced rum such as Captain Morgan's
- ☐ 1.5 tablespoons spiced rum such as Captain Morgan's

Equipment

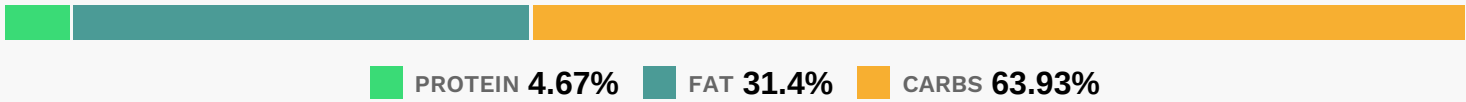
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350
- ☐ To prepare cake, coat an 8 x 4 inch loaf pan with cooking spray; dust with 2 tablespoons flour.
- ☐ Lightly spoon 1 1/2 cups flour into dry measuring cups; level with a knife.
- ☐ Combine 1 1/2 cups flour, baking powder, baking soda, and salt, stirring with a whisk until blended.
- ☐ Place granulated sugar and butter in a large bowl; beat with a mixer at medium speed until well blended (about 5 minutes).
- ☐ Add eggs, 1 at a time, beating well after each addition.
- ☐ Add flour mixture and 1/2 cup rum alternately to sugar mixture, beginning and ending with flour mixture. Spoon batter into prepared pan.
- ☐ Bake at 350 for 50 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack. Run a knife around edges of pan; remove cake from pan. Cool completely on wire rack.
- ☐ To prepare glaze, combine powdered sugar and 1 1/2 tablespoons rum, stirring until smooth.

Drizzle glaze over the cake.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:21.15, Inflammation Score:-3, Nutrition Score:3.5734782892725%

Nutrients (% of daily need)

Calories: 272.87kcal (13.64%), Fat: 8.69g (13.36%), Saturated Fat: 5.15g (32.18%), Carbohydrates: 39.79g (13.26%), Net Carbohydrates: 39.33g (14.3%), Sugar: 26.5g (29.44%), Cholesterol: 51.34mg (17.11%), Sodium: 153.56mg (6.68%), Alcohol: 3.97g (100%), Alcohol %: 6.81% (100%), Protein: 2.91g (5.81%), Selenium: 8.64µg (12.35%), Vitamin B1: 0.14mg (9.3%), Folate: 35.67µg (8.92%), Vitamin B2: 0.13mg (7.75%), Manganese: 0.12mg (6.15%), Vitamin A: 281.36IU (5.63%), Iron: 0.97mg (5.41%), Vitamin B3: 1.03mg (5.14%), Phosphorus: 39.64mg (3.96%), Vitamin B5: 0.21mg (2.13%), Vitamin E: 0.32mg (2.12%), Fiber: 0.46g (1.86%), Copper: 0.04mg (1.76%), Zinc: 0.24mg (1.63%), Vitamin B12: 0.09µg (1.5%), Calcium: 14.71mg (1.47%), Magnesium: 5mg (1.25%), Vitamin B6: 0.02mg (1.11%), Vitamin D: 0.17µg (1.11%)