



Butter-Rum Pound Cake

READY IN



165 min.

SERVINGS



16

CALORIES



333 kcal

DESSERT

Ingredients

- 1 box cake mix yellow
- 1 box vanilla pudding instant (4-serving size)
- 0.8 cup water
- 0.3 cup cream sour
- 0.3 cup butter softened
- 0.3 cup rum dark
- 1 teaspoon orange zest grated
- 4 eggs
- 16 oz vanilla frosting

- 2 teaspoons rum dark
- 0.3 cup pecans chopped

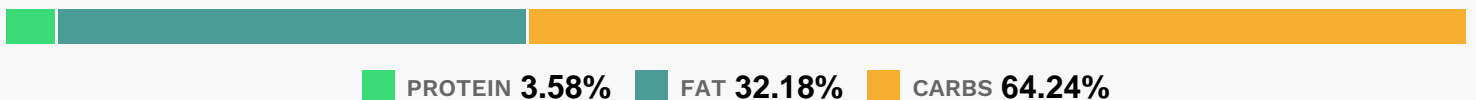
Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks
- cake form
- microwave

Directions

- Heat oven to 325°F. Grease and flour 10-inch angel food (tube) cake pan or 12-cup fluted tube cake pan, or spray with baking spray with flour. In large bowl, beat cake mix, dry pudding mix, water, sour cream, butter, 1/4 cup rum, the orange peel and eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes.
- Spread in pan.
- Bake 45 to 55 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes; remove from pan. Cool completely, about 1 1/2 hours.
- In small microwavable bowl, microwave frosting uncovered on Medium (50%) 15 seconds. Stir in 2 teaspoons rum.
- Spread over top of cake, allowing some to drizzle down side.
- Sprinkle with pecans. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:8.31, Glycemic Load:8.29, Inflammation Score:-2, Nutrition Score:4.7099999772466%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 332.8kcal (16.64%), Fat: 11.59g (17.84%), Saturated Fat: 4.13g (25.8%), Carbohydrates: 52.06g (17.35%), Net Carbohydrates: 51.46g (18.71%), Sugar: 36.91g (41.01%), Cholesterol: 51.37mg (17.12%), Sodium: 366.01mg (15.91%), Alcohol: 1.46g (100%), Alcohol %: 1.79% (100%), Protein: 2.9g (5.81%), Phosphorus: 136.58mg (13.66%), Vitamin B2: 0.22mg (13.12%), Calcium: 82.91mg (8.29%), Folate: 30.22µg (7.55%), Manganese: 0.14mg (7.16%), Selenium: 4.71µg (6.72%), Vitamin E: 0.97mg (6.47%), Vitamin B1: 0.09mg (6.31%), Iron: 0.96mg (5.36%), Vitamin K: 5.04µg (4.8%), Vitamin B3: 0.85mg (4.23%), Vitamin A: 179.37IU (3.59%), Vitamin B5: 0.34mg (3.37%), Copper: 0.06mg (2.83%), Vitamin B6: 0.05mg (2.47%), Vitamin B12: 0.15µg (2.44%), Fiber: 0.6g (2.4%), Zinc: 0.35mg (2.33%), Magnesium: 7.58mg (1.9%), Potassium: 55.38mg (1.58%), Vitamin D: 0.22µg (1.47%)