



Butter-Rum Pound Cake

READY IN



165 min.

SERVINGS



16

CALORIES



244 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 0.3 cup rum dark
- ☐ 2 teaspoons rum dark
- ☐ 4 eggs
- ☐ 1 box vanilla pudding instant (4-serving size)
- ☐ 1 teaspoon orange zest grated
- ☐ 0.3 cup pecans chopped
- ☐ 0.3 cup cream sour
- ☐ 0.5 cup vanilla frosting

- ☐ 0.8 cup water
- ☐ 1 box cake mix yellow

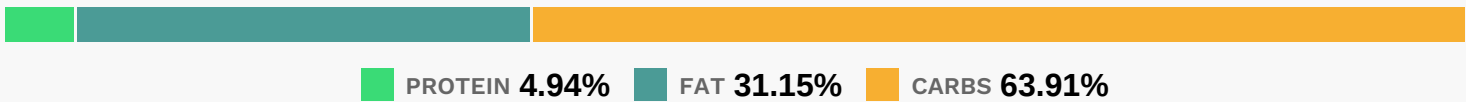
Equipment

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

Directions

- ☐ Heat oven to 325F. Grease and flour 12-cup fluted tube cake pan or 10-inch angel food (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:2.07, Inflammation Score:-2, Nutrition Score:4.2526086944601%

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: 243.82kcal (12.19%), Fat: 8.15g (12.53%), Saturated Fat: 3.5g (21.85%), Carbohydrates: 37.61g (12.54%), Net Carbohydrates: 37g (13.46%), Sugar: 23.48g (26.09%), Cholesterol: 51.37mg (17.12%), Sodium: 326.84mg (14.21%), Alcohol: 1.46g (100%), Alcohol %: 2.26% (100%), Protein: 2.9g (5.81%), Phosphorus: 132.75mg (13.28%), Vitamin B2: 0.16mg (9.34%), Calcium: 82.27mg (8.23%), Manganese: 0.14mg (7.16%), Folate: 28.51µg (7.13%), Selenium: 4.69µg (6.69%), Vitamin B1: 0.09mg (6.17%), Iron: 0.93mg (5.17%), Vitamin E: 0.65mg (4.3%), Vitamin B3: 0.8mg (4%), Vitamin A: 179.37IU (3.59%), Vitamin B5: 0.33mg (3.25%), Copper: 0.06mg (2.83%), Vitamin B6: 0.05mg (2.47%), Vitamin B12: 0.15µg (2.44%), Fiber: 0.6g (2.4%), Zinc: 0.33mg (2.23%), Vitamin K: 2.27µg (2.16%), Magnesium: 7.37mg (1.84%), Vitamin D: 0.22µg (1.47%), Potassium: 48.14mg (1.38%)