



Butter-Rum Pound Cake

 Gluten Free

READY IN



165 min.

SERVINGS



16

CALORIES



116 kcal

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 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 betty crocker®
- ☐ 0.8 cup water

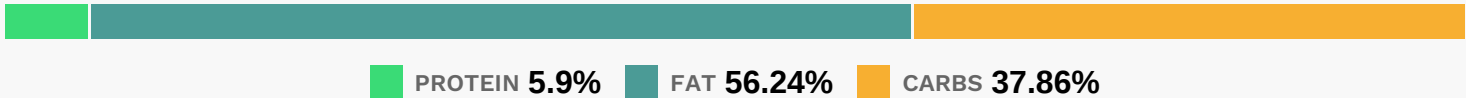
Equipment

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

Directions

- ☐ Heat oven to 325°F. 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:7.38, Glycemic Load:2.07, Inflammation Score:-1, Nutrition Score:1.8986956334632%

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: 116.24kcal (5.81%), Fat: 7.25g (11.15%), Saturated Fat: 2.97g (18.57%), Carbohydrates: 10.98g (3.66%), Net Carbohydrates: 10.76g (3.91%), Sugar: 9.49g (10.55%), Cholesterol: 51.37mg (17.12%), Sodium: 91.57mg (3.98%), Alcohol: 0.21g (100%), Alcohol %: 0.58% (100%), Protein: 1.71g (3.42%), Selenium: 3.72µg (5.31%), Vitamin B2: 0.08mg (4.94%), Manganese: 0.08mg (4.04%), Vitamin A: 179.37IU (3.59%), Phosphorus: 32.43mg (3.24%), Vitamin E: 0.35mg (2.32%), Vitamin B5: 0.21mg (2.08%), Vitamin B12: 0.11µg (1.9%), Folate: 6.54µg (1.64%), Zinc: 0.25mg (1.64%), Copper: 0.03mg (1.63%), Vitamin D: 0.22µg (1.47%), Iron: 0.26mg (1.43%), Calcium: 14.09mg (1.41%), Vitamin K: 1.33µg (1.27%), Vitamin B6: 0.02mg (1.23%), Vitamin B1: 0.02mg (1.18%), Magnesium: 4.14mg (1.03%)