



Cake de Ron (Rum Cake)

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



582 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup banana liqueur
- ☐ 1.5 cups butter softened
- ☐ 0.5 cup rum dark
- ☐ 1 egg yolk
- ☐ 3 large eggs
- ☐ 3 cups flour all-purpose

- ☐ 1 cup cup heavy whipping cream
- ☐ 2 tablespoons lemon zest grated
- ☐ 12 servings rum
- ☐ 0.1 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 2 teaspoons vanilla extract

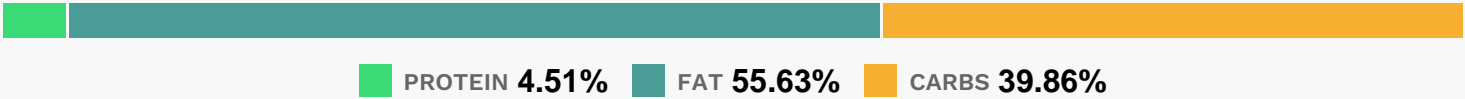
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ skewers
- ☐ kugelhkopf pan

Directions

- ☐ Beat butter at medium speed with an electric mixer until fluffy; gradually add sugar, beating well.
- ☐ Add eggs and egg yolk, one at a time, beating until blended after each addition. Beat in vanilla and next 3 ingredients.
- ☐ In a large bowl, combine flour and next 3 ingredients; add to butter mixture alternately with whipping cream, beginning and ending with flour mixture. Beat at low speed until blended after each addition.
- ☐ Pour batter into a well-greased and floured 12-cup Bundt pan.
- ☐ Bake at 350 for 50 minutes or until a wooden skewer inserted in center comes out clean. Cool in pan on a wire rack 15 minutes; remove from pan. Poke holes in cake with a wooden skewer, and brush Rum Syrup over cake. Cool completely on a wire rack.
- ☐ Note: For miniature Bundt cakes as pictured, fill each mini Bundt pan two-thirds full, and bake 35 minutes or until a wooden skewer inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:26.42, Glycemic Load:34.88, Inflammation Score:-7, Nutrition Score:8.0569565399833%

Nutrients (% of daily need)

Calories: 582.17kcal (29.11%), Fat: 32.15g (49.46%), Saturated Fat: 19.73g (123.31%), Carbohydrates: 51.83g (17.28%), Net Carbohydrates: 50.88g (18.5%), Sugar: 27.73g (30.81%), Cholesterol: 146.12mg (48.71%), Sodium: 348.01mg (15.13%), Alcohol: 9.83g (100%), Alcohol %: 8.25% (100%), Protein: 5.86g (11.72%), Selenium: 16.31µg (23.3%), Vitamin A: 1090.27IU (21.81%), Vitamin B1: 0.26mg (17.37%), Folate: 67.03µg (16.76%), Vitamin B2: 0.27mg (16.09%), Manganese: 0.22mg (11.24%), Iron: 1.84mg (10.22%), Phosphorus: 98.43mg (9.84%), Vitamin B3: 1.89mg (9.45%), Calcium: 74.37mg (7.44%), Vitamin E: 1.03mg (6.88%), Vitamin B5: 0.46mg (4.59%), Vitamin D: 0.65µg (4.32%), Fiber: 0.95g (3.8%), Vitamin B12: 0.22µg (3.67%), Zinc: 0.5mg (3.36%), Copper: 0.07mg (3.29%), Magnesium: 10.82mg (2.7%), Vitamin K: 2.76µg (2.63%), Vitamin B6: 0.05mg (2.51%), Potassium: 81.7mg (2.33%), Vitamin C: 1.41mg (1.71%)