



Caramel Pecan Cakes

 Vegetarian

READY IN



300 min.

SERVINGS



8

CALORIES



450 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup brown sugar packed
- ☐ 1 large eggs lightly beaten
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 cup heavy whipping cream
- ☐ 0.5 cup pecans
- ☐ 0.5 teaspoon salt

- ☐ 2 cups sugar
- ☐ 0.5 stick butter unsalted melted
- ☐ 1.5 cups water divided

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ aluminum foil
- ☐ pastry brush

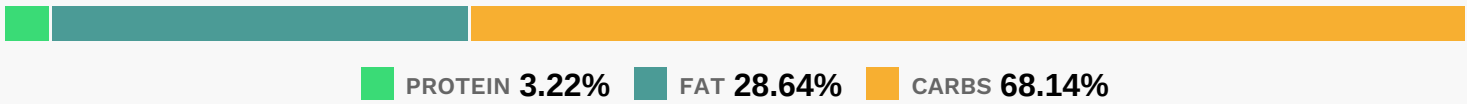
Directions

- ☐ Bring sugar and 1/2 cup water to a boil in a 12-inch heavy skillet over medium heat, stirring until sugar has dissolved, then wash down any sugar crystals on side of skillet with a pastry brush dipped in cold water. Boil, without stirring, swirling skillet occasionally so caramel colors evenly, until dark amber.
- ☐ Remove from heat and carefully stir in remaining cup water (mixture will steam vigorously and may stiffen). Return to a boil and stir until caramel has completely dissolved. If necessary, simmer until just syrupy, 1 to 3 minutes. Cool to room temperature.
- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Toast pecans in a 4-sided sheet pan in oven until fragrant and a shade darker, 8 to 10 minutes. Cool and coarsely chop.
- ☐ Put 2/3 cup cooled caramel syrup in a bowl (save remainder to use as sauce) and add butter, egg, and cream, whisking well after each addition.
- ☐ Sift together flour, baking soda, salt, and sugars into a large bowl. Make a well in center, then add caramel mixture and gradually whisk in dry ingredients until smooth. Fold in pecans. Chill, covered, until cold (or 12 to 24 hours for best results).
- ☐ Preheat oven to 325°F with rack in middle.

- ☐
- Butter and lightly flour ramekins, then cut out and fit a round of parchment paper in bottom of each. Arrange in a 4-sided sheet pan.

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Nutrition Facts



Properties

Glycemic Index:28.15, Glycemic Load:50.08, Inflammation Score:-3, Nutrition Score:5.6317391719507%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Nutrients (% of daily need)

Calories: 449.83kcal (22.49%), Fat: 14.73g (22.66%), Saturated Fat: 6.52g (40.73%), Carbohydrates: 78.86g (26.29%), Net Carbohydrates: 77.74g (28.27%), Sugar: 63.42g (70.47%), Cholesterol: 49.64mg (16.55%), Sodium: 231.17mg (10.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.44%), Manganese: 0.42mg (21.04%), Selenium: 9.56µg (13.66%), Vitamin B1: 0.2mg (13.27%), Folate: 40.72µg (10.18%), Vitamin B2: 0.16mg (9.7%), Vitamin A: 359.48IU (7.19%), Iron: 1.26mg (7.01%), Vitamin B3: 1.25mg (6.24%), Copper: 0.12mg (6.17%), Phosphorus: 58.33mg (5.83%), Fiber: 1.12g (4.49%), Magnesium: 14.44mg (3.61%), Zinc: 0.54mg (3.6%), Vitamin E: 0.42mg (2.79%), Vitamin B5: 0.28mg (2.77%), Calcium: 26.69mg (2.67%), Vitamin D: 0.39µg (2.6%), Potassium: 76.31mg (2.18%), Vitamin B6: 0.04mg (1.94%), Vitamin B12: 0.08µg (1.39%), Vitamin K: 1.11µg (1.05%)