



## Caribbean Sweet Potato Rum Cake With Butter Rum Frosting

 Vegetarian

READY IN



60 min.

SERVINGS



24

CALORIES



291 kcal

DESSERT

### Ingredients

- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 1.5 cups brown sugar packed (firmly )
- 4 cups powdered sugar
- 0.3 cup rum dark
- 3 tablespoons rum dark
- 4 eggs

- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 1 teaspoon ground ginger fresh (or use )
- 1 teaspoon nutmeg
- 0.3 cup orange juice fresh
- 1 tablespoon orange zest fresh finely grated ()
- 1 teaspoon orange zest fresh finely grated ()
- 0.5 cup raisins
- 0.5 teaspoon salt
- 2 cups sweet potatoes and into cooked mashed
- 0.5 cup butter unsalted
- 0.5 cup coconut flakes dried unsweetened
- 1 cup coconut flakes dried unsweetened
- 0.8 cup vegetable oil

## Equipment

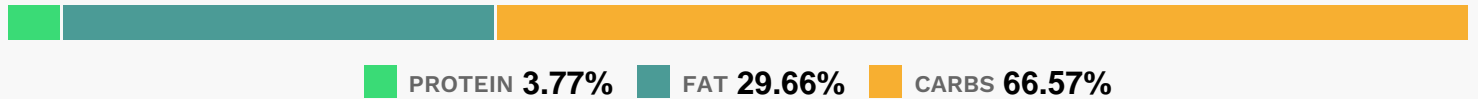
- sauce pan
- oven
- mixing bowl
- baking pan
- hand mixer
- toothpicks

## Directions

- Soak the raisins in rum for at least 30 minutes to plump them up. Meanwhile peel, dice and boil sweet potatoes until tender. Mash and let cool. Preheat oven to 350, and prepare 13 X 9 baking pan with cooking spray and a little flour.

- Combine all of the cake ingredients (except raisins) in a large mixing bowl. Stir to combine. With an electric mixer, mix on medium speed for about 2 minutes. Fold in the raisin/rum mixture.
- Spread into the prepared baking pan and bake for 25 minutes, or until a toothpick inserted in the center comes out clean. Cool the cake completely before frosting. To make the frosting, melt the butter in a large saucepan, and allow it to brown just lightly.
- Remove from the heat and add the remaining frosting ingredients. Beat until smooth and creamy. You can add a little additional rum, orange juice, or water to thin it if necessary, or add a little confectioners sugar if you need to thicken it.
- Spread over the cake and refrigerate overnight.
- Serve cold.

## Nutrition Facts



### Properties

Glycemic Index:18.37, Glycemic Load:8.36, Inflammation Score:-8, Nutrition Score:6.1504348568294%

### Flavonoids

Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 290.75kcal (14.54%), Fat: 9.49g (14.61%), Saturated Fat: 5.96g (37.23%), Carbohydrates: 47.95g (15.98%), Net Carbohydrates: 46.14g (16.78%), Sugar: 34.06g (37.84%), Cholesterol: 37.45mg (12.48%), Sodium: 153.92mg (6.69%), Alcohol: 1.46g (100%), Alcohol %: 2.04% (100%), Protein: 2.71g (5.43%), Vitamin A: 1737.16IU (34.74%), Manganese: 0.34mg (16.82%), Selenium: 7.24µg (10.35%), Fiber: 1.81g (7.25%), Vitamin B1: 0.1mg (6.9%), Vitamin B2: 0.11mg (6.44%), Folate: 25.54µg (6.39%), Iron: 1.12mg (6.24%), Phosphorus: 54.28mg (5.43%), Copper: 0.1mg (5.06%), Calcium: 45.75mg (4.58%), Potassium: 140.42mg (4.01%), Vitamin B3: 0.79mg (3.95%), Vitamin B6: 0.07mg (3.51%), Magnesium: 13.9mg (3.47%), Vitamin B5: 0.32mg (3.21%), Vitamin K: 3.19µg (3.04%), Vitamin C: 2.26mg (2.74%), Vitamin E: 0.36mg (2.43%), Zinc: 0.33mg (2.23%), Vitamin D: 0.22µg (1.45%), Vitamin B12: 0.07µg (1.22%)