



## Chocolate Pecan Bourbon Cake

READY IN



150 min.

SERVINGS



16

CALORIES



351 kcal

DESSERT

### Ingredients

- 2 cups flour all-purpose
- 2 cups granulated sugar
- 0.5 cup butter softened
- 0.8 cup buttermilk
- 0.5 cup water
- 0.3 cup bourbon
- 1 teaspoon baking soda
- 1 teaspoon vanilla
- 0.5 teaspoon double-acting baking powder

- 0.5 teaspoon salt
- 2 eggs
- 4 oz baker's chocolate unsweetened cooled melted
- 1 cup pecans chopped
- 1 oz baker's chocolate unsweetened
- 1 teaspoon butter
- 1 cup powdered sugar
- 5 teaspoons water boiling

## Equipment

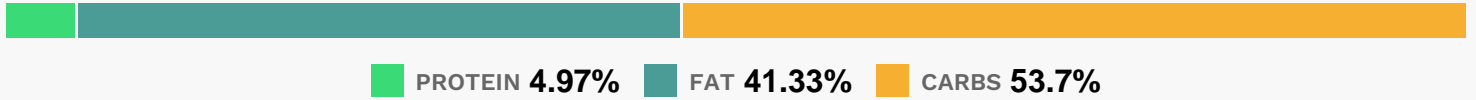
- bowl
- frying pan
- sauce pan
- oven
- wire rack
- hand mixer
- toothpicks
- cake form

## Directions

- Heat oven to 350°F. Grease and flour 10-inch angel food cake (tube) pan or 12-cup fluted tube cake pan.
- In large bowl, beat all Cake ingredients except pecans with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on high speed 3 minutes, scraping bowl occasionally. Stir in pecans.
- Pour into pan.
- Bake 60 to 65 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan to wire rack. Cool completely, about 1 hour.
- In 2-quart saucepan, melt 1 ounce chocolate and 1 teaspoon butter over low heat, stirring occasionally. Stir in powdered sugar and water until smooth and thin enough to drizzle.

Drizzle cooled cake with Chocolate Glaze.

## Nutrition Facts



### Properties

Glycemic Index:18.32, Glycemic Load:26.31, Inflammation Score:-5, Nutrition Score:8.2091303642677%

### Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 6.19mg, Catechin: 6.19mg, Catechin: 6.19mg, Catechin: 6.19mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 12.62mg, Epicatechin: 12.62mg, Epicatechin: 12.62mg, Epicatechin: 12.62mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

### Nutrients (% of daily need)

Calories: 351.3kcal (17.56%), Fat: 16.63g (25.58%), Saturated Fat: 4.93g (30.84%), Carbohydrates: 48.62g (16.21%), Net Carbohydrates: 46.07g (16.75%), Sugar: 33.28g (36.98%), Cholesterol: 21.7mg (7.23%), Sodium: 247.13mg (10.74%), Alcohol: 1.34g (100%), Alcohol %: 1.67% (100%), Caffeine: 7.09mg (2.36%), Protein: 4.5g (9.01%), Manganese: 0.79mg (39.35%), Copper: 0.4mg (20.11%), Iron: 2.57mg (14.29%), Vitamin B1: 0.19mg (12.61%), Selenium: 8.57µg (12.25%), Magnesium: 42.81mg (10.7%), Fiber: 2.55g (10.19%), Phosphorus: 96.24mg (9.62%), Zinc: 1.39mg (9.27%), Folate: 35.79µg (8.95%), Vitamin B2: 0.15mg (8.75%), Vitamin A: 317IU (6.34%), Vitamin B3: 1.14mg (5.7%), Calcium: 42.31mg (4.23%), Potassium: 145.2mg (4.15%), Vitamin E: 0.44mg (2.9%), Vitamin B5: 0.28mg (2.75%), Vitamin B6: 0.04mg (1.89%), Vitamin B12: 0.11µg (1.8%), Vitamin D: 0.26µg (1.71%), Vitamin K: 1.19µg (1.14%)