



Chocolate Pecan Bourbon Cake

READY IN



150 min.

SERVINGS



16

CALORIES



351 kcal

DESSERT

Ingredients

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

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

Equipment

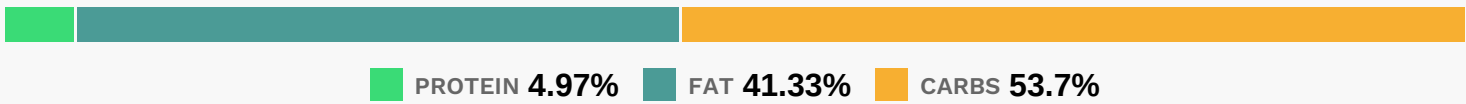
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Heat oven to 350F. 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%)