



Chocolate Rum Cake

READY IN



240 min.

SERVINGS



15

CALORIES



456 kcal

DESSERT

Ingredients

- 1 box duncan hines devil's food cake
- 1 cup water
- 0.3 cup vegetable oil
- 3 eggs
- 1 cup whipping cream
- 1 cup milk whole
- 14 oz condensed milk sweetened canned
- 0.3 cup rum
- 1 cup whipping cream

- 2 tablespoons rum extract
- 0.5 teaspoon vanilla
- 1 cup coconut flakes flaked toasted
- 0.5 cup pecans toasted chopped

Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Grease or spray bottom only of 13x9-inch pan.
- In large bowl, beat cake mix, water, oil and eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes.
- Pour into pan.
- Bake 30 to 38 minutes or until toothpick inserted in center comes out clean.
- Let stand 5 minutes. In large bowl, mix 1 cup whipping cream, the whole milk, condensed milk and 1/3 cup rum. Pierce top of hot cake every 1/2 inch with long-tined fork, wiping fork occasionally to reduce sticking. Carefully pour whipping cream mixture evenly over top of cake. Cover and refrigerate about 3 hours or until chilled and most of whipping cream mixture has been absorbed into cake.
- In chilled large bowl, beat 1 cup whipping cream, 2 tablespoons rum and the vanilla on high speed until soft peaks form. Frost cake with whipped cream mixture.
- Sprinkle with coconut and pecans. Store covered in refrigerator.

Nutrition Facts



PROTEIN 6.13% FAT 60.01% CARBS 33.86%

Properties

Glycemic Index:8.27, Glycemic Load:9.08, Inflammation Score:-5, Nutrition Score:9.5247825643291%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 456.47kcal (22.82%), Fat: 30.73g (47.27%), Saturated Fat: 14.48g (90.47%), Carbohydrates: 39g (13%), Net Carbohydrates: 37.04g (13.47%), Sugar: 27.74g (30.83%), Cholesterol: 79.54mg (26.51%), Sodium: 301.4mg (13.1%), Alcohol: 1.83g (100%), Alcohol %: 1.55% (100%), Caffeine: 3.17mg (1.06%), Protein: 7.06g (14.12%), Phosphorus: 218.92mg (21.89%), Manganese: 0.39mg (19.48%), Selenium: 12.64µg (18.05%), Vitamin B2: 0.29mg (17.01%), Calcium: 168.73mg (16.87%), Vitamin A: 613.9IU (12.28%), Copper: 0.22mg (11.08%), Vitamin K: 11.4µg (10.85%), Iron: 1.82mg (10.09%), Magnesium: 35.31mg (8.83%), Potassium: 305.87mg (8.74%), Vitamin E: 1.23mg (8.18%), Vitamin B1: 0.12mg (7.96%), Fiber: 1.96g (7.85%), Folate: 27.48µg (6.87%), Zinc: 1.02mg (6.79%), Vitamin D: 0.92µg (6.1%), Vitamin B5: 0.59mg (5.91%), Vitamin B12: 0.33µg (5.56%), Vitamin B6: 0.09mg (4.27%), Vitamin B3: 0.64mg (3.19%), Vitamin C: 1mg (1.22%)