



Chocolate Rum Cake

READY IN



240 min.

SERVINGS



15

CALORIES



403 kcal

DESSERT

Ingredients

- 1 cup coconut flakes flaked toasted
- 3 eggs
- 1 box chocolate cake mix dark
- 0.5 cup pecans toasted chopped
- 0.3 cup rum
- 2 tablespoons rum extract
- 14 oz condensed milk sweetened canned
- 0.5 teaspoon vanilla
- 0.3 cup vegetable oil

- 1 cup water
- 1 cup whipping cream
- 1 cup milk whole

Equipment

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

Directions

- Heat oven to 350F (325F 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 6.52% FAT 55.46% CARBS 38.02%

Properties

Glycemic Index:8.27, Glycemic Load:9.08, Inflammation Score:-4, Nutrition Score:8.8713043513505%

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: 402.53kcal (20.13%), Fat: 25g (38.46%), Saturated Fat: 10.83g (67.66%), Carbohydrates: 38.55g (12.85%), Net Carbohydrates: 36.59g (13.31%), Sugar: 27.28g (30.31%), Cholesterol: 61.61mg (20.54%), Sodium: 297.12mg (12.92%), Alcohol: 1.83g (100%), Alcohol %: 1.73% (100%), Caffeine: 3.17mg (1.06%), Protein: 6.61g (13.22%), Phosphorus: 209.72mg (20.97%), Manganese: 0.39mg (19.47%), Selenium: 12.16µg (17.37%), Calcium: 158.26mg (15.83%), Vitamin B2: 0.26mg (15.26%), Copper: 0.22mg (10.99%), Vitamin K: 10.89µg (10.37%), Iron: 1.8mg (10%), Magnesium: 34.2mg (8.55%), Potassium: 290.79mg (8.31%), Fiber: 1.96g (7.85%), Vitamin B1: 0.12mg (7.75%), Vitamin A: 380.66IU (7.61%), Vitamin E: 1.08mg (7.2%), Folate: 26.85µg (6.71%), Zinc: 0.98mg (6.53%), Vitamin B5: 0.55mg (5.5%), Vitamin B12: 0.31µg (5.13%), Vitamin D: 0.66µg (4.41%), Vitamin B6: 0.08mg (3.99%), Vitamin B3: 0.63mg (3.14%), Vitamin C: 0.91mg (1.1%)