



## Coffee Baba au Rhum

 Vegetarian

READY IN



130 min.

SERVINGS



12

CALORIES



548 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 3 cups firmly brown sugar light packed
- ☐ 0.8 cup butter melted
- ☐ 3 cups hot-brewed coffee brewed
- ☐ 1 teaspoon coffee extract
- ☐ 6 large eggs separated
- ☐ 2 cups flour all-purpose
- ☐ 1.3 cups granulated sugar

- ☐ 1 tablespoon ground coffee finely
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 cup milk
- ☐ 0.5 cup rum
- ☐ 12 servings garnishes: whipped cream fresh

## Equipment

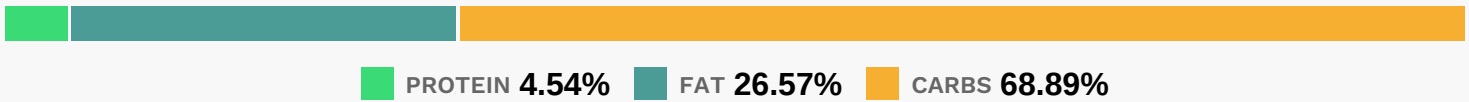
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ stove
- ☐ skewers
- ☐ kugelhopf pan

## Directions

- ☐ Preheat oven to 350
- ☐ Whisk together yolks and granulated sugar until mixture is thick and pale (about 2 minutes). Stir in coffee extract. Sift together flour and next 3 ingredients; gently stir into yolk mixture until just blended. Stir in butter and milk until just blended.
- ☐ Whisk egg whites until stiff peaks form. Fold one-third egg whites into yolk mixture. Fold in remaining egg whites.
- ☐ Pour into a well-buttered 10-cup Bundt pan.
- ☐ Bake at 350 for 50 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes. (Do not remove from pan.)
- ☐ Meanwhile, bring brown sugar and brewed coffee to a boil in a medium saucepan. Reduce heat to low, and simmer, stirring occasionally, 20 minutes.
- ☐ Remove from heat; stir in rum. Reserve 2 cups syrup. Return pan to stove top; cook over medium-low heat, stirring occasionally, 15 minutes or until slightly thickened.

- ☐ Pierce cake 10 to 15 times using a skewer.
- ☐ Pour reserved 2 cups thin syrup over cake.
- ☐ Let stand 15 minutes. Invert cake onto a serving platter. Spoon desired amount of thickened syrup over cake. Reserve remaining syrup for another use (such as topping pancakes).
- ☐ \*The rum is optional. Replace it with an additional 1/2 cup brewed coffee, if desired.

## Nutrition Facts



### Properties

Glycemic Index:32.92, Glycemic Load:26.9, Inflammation Score:-4, Nutrition Score:7.7186956301979%

### Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg  
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Myricetin: 0.03mg,  
Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin:  
0.03mg, Quercetin: 0.03mg

### Nutrients (% of daily need)

Calories: 548.26kcal (27.41%), Fat: 15.82g (24.35%), Saturated Fat: 9.13g (57.05%), Carbohydrates: 92.29g (30.76%), Net Carbohydrates: 91.73g (33.36%), Sugar: 75.27g (83.63%), Cholesterol: 129.28mg (43.09%), Sodium: 448.17mg (19.49%), Alcohol: 3.34g (100%), Alcohol %: 1.89% (100%), Caffeine: 24.53mg (8.18%), Protein: 6.09g (12.17%), Selenium: 15.94µg (22.78%), Vitamin B2: 0.29mg (17.02%), Calcium: 145.02mg (14.5%), Folate: 52.22µg (13.05%), Vitamin B1: 0.19mg (12.74%), Phosphorus: 117.3mg (11.73%), Vitamin A: 547.12IU (10.94%), Iron: 1.93mg (10.74%), Manganese: 0.2mg (10.08%), Vitamin B5: 0.77mg (7.69%), Vitamin B3: 1.44mg (7.22%), Potassium: 187.31mg (5.35%), Vitamin B12: 0.32µg (5.32%), Vitamin E: 0.65mg (4.36%), Vitamin D: 0.64µg (4.24%), Vitamin B6: 0.08mg (4.2%), Magnesium: 16.75mg (4.19%), Copper: 0.08mg (3.98%), Zinc: 0.58mg (3.87%), Fiber: 0.56g (2.26%), Vitamin K: 1.33µg (1.27%)