



Drunken Pound Cake Bites

 Gluten Free

READY IN



70 min.

SERVINGS



12

CALORIES



287 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 cups rhubarb fresh finely chopped
- ☐ 0.7 cup granulated sugar
- ☐ 1 juice of lime grated
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon ground cardamom
- ☐ 1 cup raspberries fresh
- ☐ 1 cup blackberries fresh

- ☐ 16 oz round cake
- ☐ 0.7 cup rum
- ☐ 6 tablespoons butter softened
- ☐ 2 eggs
- ☐ 0.5 cup powdered sugar

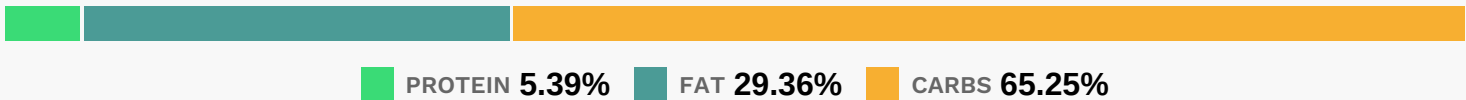
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F.
- ☐ Place paper baking cup in each of 12 regular-size muffin cups.
- ☐ In 10-inch skillet, melt 1 tablespoon butter over medium-high heat.
- ☐ Add rhubarb; cook 5 to 7 minutes or until softened.
- ☐ Add granulated sugar, the lime juice, ginger and cardamom.
- ☐ Remove from heat. Stir in raspberries, blackberries and the lime peel.
- ☐ In large bowl, stir together pound cake mix, rum, 6 tablespoons butter and the eggs. Fold in rhubarb-berry mixture. Spoon batter evenly into muffin cups.
- ☐ Bake 17 to 20 minutes or until cakes spring back when touched lightly in center.
- ☐ Remove cakes from pan. Cool completely, about 30 minutes. To serve, sprinkle cakes with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:8.1, Inflammation Score:-4, Nutrition Score:5.905217429866%

Flavonoids

Cyanidin: 16.57mg, Cyanidin: 16.57mg, Cyanidin: 16.57mg, Cyanidin: 16.57mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 5.02mg, Catechin: 5.02mg, Catechin: 5.02mg, Catechin: 5.02mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.01mg, Epicatechin: 1.01mg, Epicatechin: 1.01mg, Epicatechin: 1.01mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 287.48kcal (14.37%), Fat: 8.55g (13.16%), Saturated Fat: 4.75g (29.67%), Carbohydrates: 42.77g (14.26%), Net Carbohydrates: 40.88g (14.87%), Sugar: 31.18g (34.64%), Cholesterol: 83.39mg (27.8%), Sodium: 299.88mg (13.04%), Alcohol: 4.45g (100%), Alcohol %: 4.42% (100%), Protein: 3.53g (7.06%), Manganese: 0.32mg (16.02%), Vitamin K: 9.8µg (9.33%), Vitamin B2: 0.16mg (9.13%), Vitamin C: 7.53mg (9.13%), Selenium: 6.21µg (8.87%), Phosphorus: 77.82mg (7.78%), Iron: 1.39mg (7.73%), Fiber: 1.89g (7.54%), Vitamin B1: 0.11mg (7.1%), Folate: 28.24µg (7.06%), Vitamin A: 352.89IU (7.06%), Calcium: 56.92mg (5.69%), Vitamin B3: 0.95mg (4.75%), Vitamin E: 0.64mg (4.3%), Potassium: 148.15mg (4.23%), Vitamin B5: 0.39mg (3.89%), Copper: 0.07mg (3.36%), Magnesium: 12.81mg (3.2%), Zinc: 0.44mg (2.93%), Vitamin B12: 0.17µg (2.83%), Vitamin B6: 0.05mg (2.41%), Vitamin D: 0.22µg (1.48%)