



WHATSHeATE



Gluten-Free Eggnog Breakfast Cake

READY IN



130 min.

SERVINGS



10

CALORIES



326 kcal

DESSERT

Ingredients

- ☐ 15 oz betty crocker's cake mix gluten free yellow
- ☐ 0.7 cup milk
- ☐ 0.5 cup butter softened
- ☐ 1.5 teaspoons rum extract
- ☐ 1 teaspoon vanilla gluten-free
- ☐ 0.3 teaspoon nutmeg
- ☐ 3 eggs
- ☐ 16 oz vanilla frosting
- ☐ 0.3 cup pecans chopped

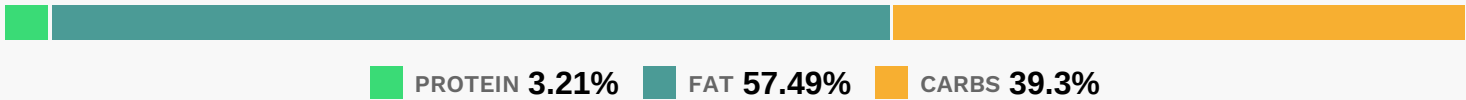
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom only of (8- or 9-inch) round or square pan. Beat cake mix, milk, butter, extracts, nutmeg and eggs in large bowl on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- ☐ Pour into pan.
- ☐ Bake 33 to 41 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Run knife around inside edge of pan. Cool 30 minutes longer.
- ☐ Heat frosting in microwavable bowl 10 to 15 seconds or until easy to drizzle.
- ☐ Drizzle frosting over cake; sprinkle with pecans.

Nutrition Facts



Properties

Glycemic Index:21.1, Glycemic Load:13.56, Inflammation Score:-2, Nutrition Score:4.0300000201425%

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: 326.14kcal (16.31%), Fat: 20.96g (32.25%), Saturated Fat: 8.13g (50.84%), Carbohydrates: 32.24g (10.75%), Net Carbohydrates: 31.88g (11.59%), Sugar: 29.67g (32.97%), Cholesterol: 75.46mg (25.15%), Sodium: 181.41mg (7.89%), Alcohol: 0.14g (100%), Alcohol %: 0.13% (100%), Protein: 2.63g (5.26%), Vitamin B2: 0.23mg (13.46%), Manganese: 0.17mg (8.51%), Vitamin E: 1.15mg (7.7%), Vitamin A: 383.35IU (7.67%), Selenium: 4.66µg (6.66%), Vitamin K: 6.91µg (6.58%), Phosphorus: 63.65mg (6.36%), Vitamin B12: 0.22µg (3.74%), Calcium: 34.16mg (3.42%), Vitamin B5: 0.33mg (3.32%), Zinc: 0.44mg (2.97%), Vitamin D: 0.44µg (2.95%), Vitamin B1: 0.04mg (2.91%), Folate: 11.01µg (2.75%), Copper: 0.05mg (2.7%), Iron: 0.4mg (2.22%), Magnesium: 8.75mg (2.19%), Potassium: 76.43mg (2.18%), Vitamin B6: 0.04mg (2.03%), Fiber: 0.36g (1.44%)