



## Grandpa's Chocolate-Rum Cake

READY IN



45 min.

SERVINGS



15

CALORIES



330 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup butter softened
- ☐ 15 servings garnish: chocolate shavings
- ☐ 0.5 cup rum dark
- ☐ 4 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.1 teaspoon ground nutmeg

- ☐ 0.5 teaspoon salt
- ☐ 2 cups sugar
- ☐ 1 cup cocoa unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup water hot

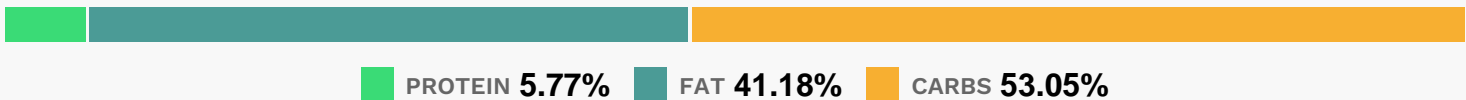
## Equipment

- ☐ oven
- ☐ wire rack
- ☐ hand mixer

## Directions

- ☐ Beat butter at medium speed with an electric mixer until fluffy; gradually add sugar, beating well.
- ☐ Add eggs, 1 at a time, beating until blended after each addition.
- ☐ Add rum; beat until blended.
- ☐ Combine flour and next 5 ingredients; add to sugar mixture alternately with hot water, beginning and ending with flour mixture. Beat at low speed until blended after each addition; stir in flavorings.
- ☐ Pour batter into 2 greased and floured 9-inch round cakepans.
- ☐ Bake at 350 for 27 minutes (cake will not test quite done). Cool in pans on a wire rack 10 minutes; remove from pans, and cool completely on wire racks.
- ☐ Spread 1 cup Mousse Frosting between layers. Frost top and sides of cake with remaining frosting.
- ☐ Garnish, if desired. Cover and chill 8 hours. Store in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:24.81, Glycemic Load:27.89, Inflammation Score:-5, Nutrition Score:6.8465217248253%

Flavonoids

Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg Epicatechin: 11.26mg, Epicatechin: 11.26mg, Epicatechin: 11.26mg, Epicatechin: 11.26mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 330.01kcal (16.5%), Fat: 14.96g (23.02%), Saturated Fat: 8.91g (55.68%), Carbohydrates: 43.38g (14.46%), Net Carbohydrates: 40.72g (14.81%), Sugar: 27.26g (30.28%), Cholesterol: 82.2mg (27.4%), Sodium: 297.81mg (12.95%), Alcohol: 2.86g (100%), Alcohol %: 3.49% (100%), Caffeine: 14.05mg (4.68%), Protein: 4.72g (9.43%), Manganese: 0.36mg (17.75%), Selenium: 10.96µg (15.66%), Copper: 0.27mg (13.5%), Iron: 1.92mg (10.65%), Fiber: 2.66g (10.62%), Vitamin B2: 0.17mg (9.92%), Phosphorus: 98.94mg (9.89%), Folate: 39.07µg (9.77%), Vitamin B1: 0.14mg (9.49%), Magnesium: 36.26mg (9.07%), Vitamin A: 450.7IU (9.01%), Vitamin B3: 1.14mg (5.69%), Zinc: 0.73mg (4.85%), Potassium: 134.29mg (3.84%), Calcium: 38.1mg (3.81%), Vitamin E: 0.51mg (3.42%), Vitamin B5: 0.31mg (3.12%), Vitamin B12: 0.15µg (2.44%), Vitamin B6: 0.04mg (1.89%), Vitamin D: 0.27µg (1.78%), Vitamin K: 1.36µg (1.3%)