



Grilled Butter-Rum Pound Cake

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



252 kcal

DESSERT

Ingredients

- ☐ 0.5 cup cream sour
- ☐ 2 tablespoons brown sugar packed
- ☐ 10.8 ounces round cake frozen
- ☐ 0.3 cup rum
- ☐ 0.3 cup butter softened
- ☐ 0.5 cup almonds sliced

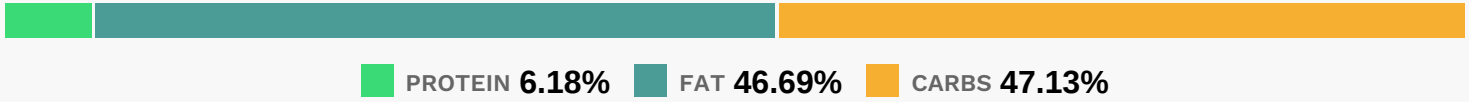
Equipment

- ☐ grill

Directions

- ☐ Brush grill rack with vegetable oil.
- ☐ Heat coals or gas grill for direct heat.
- ☐ Mix sour cream and brown sugar; set aside.
- ☐ Cut frozen pound cake into 8 slices. On each side, sprinkle with rum, spread with butter and press almonds onto butter.
- ☐ Place cake slices on grilling screen.
- ☐ Grill cake uncovered 4 to 6 inches from medium heat about 5 minutes, turning once, until golden brown. To serve, top cake with sour cream mixture.

Nutrition Facts



Properties

Glycemic Index:3.13, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:5.020434771543%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 251.96kcal (12.6%), Fat: 12.4g (19.07%), Saturated Fat: 3.16g (19.75%), Carbohydrates: 28.15g (9.38%), Net Carbohydrates: 27.24g (9.91%), Sugar: 17.63g (19.59%), Cholesterol: 47.34mg (15.78%), Sodium: 309.65mg (13.46%), Alcohol: 2.51g (100%), Alcohol %: 4.19% (100%), Protein: 3.69g (7.39%), Vitamin E: 1.84mg (12.25%), Vitamin B2: 0.2mg (11.48%), Manganese: 0.22mg (10.81%), Phosphorus: 92.82mg (9.28%), Vitamin A: 402.02IU (8.04%), Vitamin B1: 0.11mg (7.23%), Iron: 1.28mg (7.13%), Calcium: 61.27mg (6.13%), Selenium: 4.27µg (6.1%), Magnesium: 21.64mg (5.41%), Folate: 21.4µg (5.35%), Vitamin B3: 0.96mg (4.81%), Copper: 0.09mg (4.42%), Fiber: 0.91g (3.64%), Potassium: 104.95mg (3%), Zinc: 0.43mg (2.83%), Vitamin B5: 0.27mg (2.67%), Vitamin B12: 0.13µg (2.15%), Vitamin B6: 0.04mg (1.78%)