



Iny's Prune Cake with Buttermilk Icing

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



433 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 teaspoon baking soda
- ☐ 4 tablespoons butter
- ☐ 8 servings butter for greasing pan
- ☐ 0.5 cup buttermilk
- ☐ 1 cup buttermilk
- ☐ 1 cup canola oil
- ☐ 1 tablespoon plus light

- ☐ 3 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground nutmeg
- ☐ 1 cup prune- cut to pieces
- ☐ 1 cup sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 teaspoon vanilla extract

Equipment

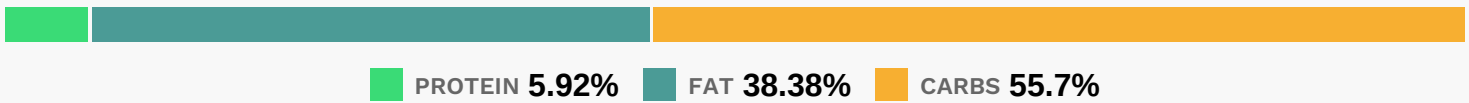
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ For the cake: Preheat the oven to 300 degrees F and butter a 9- by 13-inch baking pan.
- ☐ Place the prunes in a small saucepan. Cover them with water. Bring to a low boil and cook until soft and mashable, about 8 minutes.
- ☐ Drain the water and mash the prunes on a plate. It's okay to leave little chunks behind. Set the prunes aside and make the cake.
- ☐ Sift together the flour, baking soda, allspice, cinnamon and nutmeg. Mmmm... smells like the holidays.
- ☐ In a separate bowl, mix together the oil, sugar, vanilla and eggs.
- ☐ Combine the wet and dry ingredients and splash in the buttermilk. Stir until just combined. The mixture will be slightly lumpy.

- ☐ Now throw in the mashed prunes. And if your honey walks in as you're completing this step, shield the bowl with your body and stir quickly. What he doesn't know won't hurt him.
- ☐ Pour into the prepared baking pan and bake for 35 to 40 minutes. Grandma Iny was adamant: do not over bake the cake. You want it to be nice and moist.
- ☐ Combine the sugar, buttermilk, butter, corn syrup, baking soda and vanilla in a medium saucepan. Stir to combine. Bring to a slow boil over medium-high heat. No need to stir. Continue boiling until the icing turns a light caramel color, 5 to 7 minutes. Important: The icing should be the color of caramel, but not yet firm and sticky. It needs to be pourable.
- ☐ Pull the cake out of the oven. Try not to faint, as it smells absolutely divine.
- ☐ While the cake is very warm, pour the icing evenly over the top. Work fast, as it will quickly start to soak into the cake.
- ☐ Spread the coat evenly ... then please, do yourself a favor: lick the spatula. It'll make you smile.
- ☐ Serve immediately, or feel free to let the cake sit on the counter for a while before serving. It only gets better with age.
- ☐ Helpful hint: serve without revealing the fact that the cake contains prunes.

Nutrition Facts



Properties

Glycemic Index:55.64, Glycemic Load:35.13, Inflammation Score:-5, Nutrition Score:9.5704347491264%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 433.33kcal (21.67%), Fat: 18.9g (29.08%), Saturated Fat: 8.08g (50.5%), Carbohydrates: 61.72g (20.57%), Net Carbohydrates: 59.3g (21.56%), Sugar: 37.85g (42.05%), Cholesterol: 92.13mg (30.71%), Sodium: 356.22mg (15.49%), Alcohol: 0.26g (100%), Alcohol %: 0.19% (100%), Protein: 6.56g (13.12%), Selenium: 15.05µg (21.5%), Vitamin B2: 0.32mg (18.76%), Vitamin K: 18.11µg (17.24%), Vitamin B1: 0.23mg (15.09%), Manganese: 0.29mg (14.61%), Folate: 54.42µg (13.61%), Vitamin A: 635.44IU (12.71%), Phosphorus: 115.14mg (11.51%), Vitamin E: 1.58mg (10.51%), Fiber: 2.42g (9.66%), Vitamin B3: 1.87mg (9.34%), Iron: 1.65mg (9.19%), Calcium: 82.05mg (8.2%), Potassium: 276.89mg (7.91%), Vitamin B5: 0.63mg (6.33%), Copper: 0.13mg (6.25%), Vitamin B12: 0.37µg (6.24%),

Vitamin D: 0.92µg (6.1%), Magnesium: 21.86mg (5.46%), Vitamin B6: 0.1mg (5.05%), Zinc: 0.68mg (4.55%)