



## It's 5:00 Somewhere — Brown Sugar Bourbon Pound Cake

 Vegetarian

READY IN



95 min.

SERVINGS



12

CALORIES



429 kcal

DESSERT

### Ingredients

- ☐ 380 grams all purpose flour white
- ☐ 2.5 ml double-acting baking powder
- ☐ 2.5 ml baking soda
- ☐ 60 ml bourbon
- ☐ 230 grams cup butter softened
- ☐ 298 grams brown sugar dark packed
- ☐ 5 large eggs

- ☐ 66 grams granulated sugar
- ☐ 180 ml milk
- ☐ 30 ml orange juice
- ☐ 7.5 ml salt
- ☐ 10 ml vanilla extract
- ☐ 30 ml bourbon whiskey

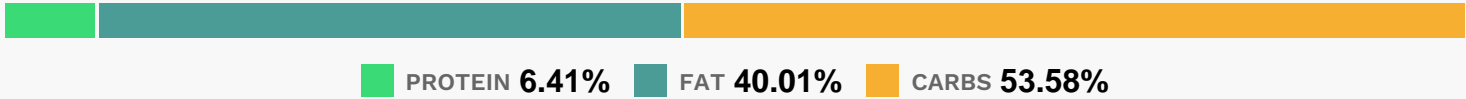
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ hand mixer
- ☐ measuring cup
- ☐ pastry brush
- ☐ kugelhkopf pan

## Directions

- ☐ Preheat oven to 325 degrees F (165 C). Spray a 12 cup capacity Bundt pan (or fluted tube pan) with flour-added cooking spray such as Baker's Joy.
- ☐ In one bowl, thoroughly stir together flour, salt, baking powder and baking soda. Set aside. In a measuring cup, combine milk, vanilla and Bourbon. In a mixing bowl, using high speed of an electric mixer, beat butter and both sugars until creamy.
- ☐ Add eggs one at a time, beating 30 seconds after each egg. With a mixing spoon or lowest speed of mixer, add flour mixture and milk mixture alternately, beginning and ending with flour. When fully mixed, pour into pan.
- ☐ Place on center rack and bake for 60 to 80 minutes. The original recipe said 80 minutes, but I used a dark pan and my cake was done in 60 minutes. Cool cake in pan for about 10 minutes, then carefully invert.
- ☐ Mix all glaze ingredients together. Using a pastry brush, brush all over cake.

# Nutrition Facts



## Properties

Glycemic Index:33.92, Glycemic Load:21.79, Inflammation Score:-5, Nutrition Score:8.0513043248135%

## Flavonoids

Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 428.66kcal (21.43%), Fat: 18.35g (28.24%), Saturated Fat: 10.84g (67.76%), Carbohydrates: 55.31g (18.44%), Net Carbohydrates: 54.45g (19.8%), Sugar: 30.81g (34.23%), Cholesterol: 120.56mg (40.19%), Sodium: 516.46mg (22.45%), Alcohol: 2.84g (100%), Alcohol %: 2.78% (100%), Protein: 6.62g (13.23%), Selenium: 17.95µg (25.64%), Vitamin B1: 0.27mg (17.97%), Folate: 69.35µg (17.34%), Vitamin B2: 0.28mg (16.6%), Vitamin A: 621.78IU (12.44%), Manganese: 0.24mg (12.12%), Iron: 2.05mg (11.39%), Phosphorus: 102mg (10.2%), Vitamin B3: 1.95mg (9.76%), Calcium: 73.51mg (7.35%), Vitamin B5: 0.57mg (5.75%), Vitamin B12: 0.3µg (5.03%), Vitamin E: 0.69mg (4.61%), Vitamin D: 0.59µg (3.91%), Zinc: 0.58mg (3.9%), Copper: 0.08mg (3.81%), Potassium: 130.13mg (3.72%), Magnesium: 14.38mg (3.6%), Vitamin B6: 0.07mg (3.54%), Fiber: 0.86g (3.44%), Vitamin C: 1.31mg (1.59%), Vitamin K: 1.55µg (1.47%)