



Kentucky Bourbon Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



1417 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 cup bourbon
- 2 cups brown sugar packed
- 0.8 pound butter
- 16 ounces candied cherries red halved
- 6 egg whites
- 6 egg yolk
- 5 cups flour all-purpose

- 8 ounces golden raisins
- 2 teaspoons nutmeg
- 1 pound pecans chopped
- 2 cups granulated sugar white

Equipment

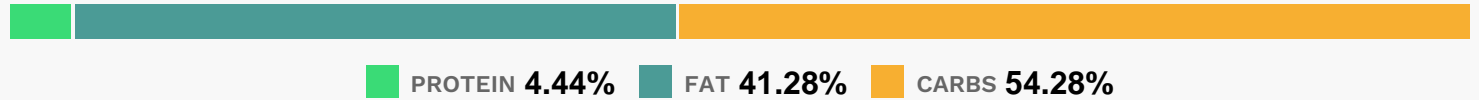
- bowl
- frying pan
- baking paper
- oven
- plastic wrap
- aluminum foil
- cheesecloth

Directions

- Preheat oven to 275 degrees F (135 degrees C). Grease a 10 inch tube pan and line bottom with parchment paper.
- Soak raisins and cherries in 2 cups of bourbon or whiskey for 48 hours. Before making cake, drain well and reserve the bourbon.
- In a separate bowl, mix flour, nutmeg and baking powder. Set aside.
- In a small bowl, cream butter with the white sugar. In a separate small bowl, cream yolks and brown sugar until very light.
- In a very large bowl, combine the two sugar mixtures and blend well.
- Alternately add flour mixture and reserved bourbon in three stages, mixing well with each addition.
- Add soaked fruit and fold in.
- Add nuts and fold in.
- In a clean medium bowl, whip egg whites until stiff but not dry. Fold into batter until evenly distributed.
- Pour into prepared 10 inch tube pan.

- Place a pan of water in the bottom of the oven and bake for 4 to 5 hours at 275 degrees F(135 degrees C). Ovens vary, so watch the baking time. Test cake with wooden pick. (May take longer than 5 hours).
- Remove from oven and allow to cool for 15 minutes before turning out. When almost cool, brush sides and inside hole heavily with bourbon. Wrap cake with bourbon soaked cheesecloth, then with plastic wrap. Refrigerate overnight and saturate again with bourbon. Cover with plastic wrap and then with foil and store for at least 2 weeks in a cool dry place.

Nutrition Facts



Properties

Glycemic Index:43.88, Glycemic Load:72.52, Inflammation Score:-8, Nutrition Score:24.379565352979%

Flavonoids

Cyanidin: 4.87mg, Cyanidin: 4.87mg, Cyanidin: 4.87mg, Cyanidin: 4.87mg Delphinidin: 3.3mg, Delphinidin: 3.3mg, Delphinidin: 3.3mg, Delphinidin: 3.3mg Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg Epigallocatechin: 2.55mg, Epigallocatechin: 2.55mg, Epigallocatechin: 2.55mg, Epigallocatechin: 2.55mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 1.04mg, Epigallocatechin 3-gallate: 1.04mg, Epigallocatechin 3-gallate: 1.04mg, Epigallocatechin 3-gallate: 1.04mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 1417.05kcal (70.85%), Fat: 64.27g (98.87%), Saturated Fat: 21.56g (134.72%), Carbohydrates: 190.13g (63.38%), Net Carbohydrates: 182.69g (66.43%), Sugar: 119.41g (132.68%), Cholesterol: 189.78mg (63.26%), Sodium: 313.2mg (13.62%), Alcohol: 8.02g (100%), Alcohol %: 2.92% (100%), Protein: 15.57g (31.13%), Manganese: 2.59mg (129.55%), Vitamin B1: 0.82mg (54.4%), Selenium: 33.83µg (48.33%), Copper: 0.76mg (38.09%), Folate: 143.29µg (35.82%), Vitamin B2: 0.57mg (33.38%), Fiber: 7.44g (29.77%), Iron: 5.17mg (28.71%), Phosphorus: 284.55mg (28.45%), Vitamin B3: 4.57mg (22.86%), Magnesium: 84.57mg (21.14%), Vitamin A: 1031.69IU (20.63%), Zinc: 2.88mg (19.23%), Potassium: 532.59mg (15.22%), Calcium: 137.66mg (13.77%), Vitamin B6: 0.25mg (12.73%), Vitamin E: 1.77mg (11.78%), Vitamin B5: 1.15mg (11.5%), Vitamin K: 5.03µg (4.79%), Vitamin B12: 0.28µg (4.74%), Vitamin D: 0.58µg (3.89%), Vitamin C: 1.24mg (1.5%)