



Mama Neely's Spiced Pecan Cake

READY IN



70 min.

SERVINGS



8

CALORIES



707 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 8 servings butter for greasing pan
- ☐ 1.5 cups confectioners' sugar
- ☐ 4 large eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 2.5 teaspoons ground cinnamon
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons milk
- ☐ 1.3 cups pecans chopped

- ☐ 1 cup cup heavy whipping cream sour
- ☐ 0.3 cup sugar
- ☐ 0.3 cup vegetable oil
- ☐ 1 package golden cake mix

Equipment

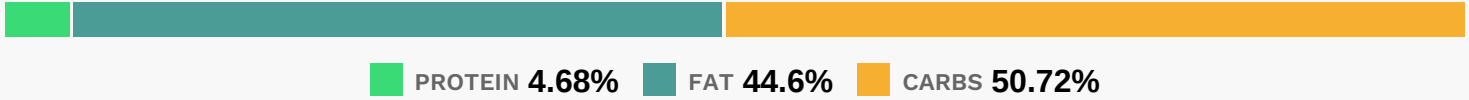
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat the oven to 375 degrees F. Grease a 13- by 9-inch pan.
- ☐ For the filling: In a medium bowl, stir together the pecans, brown sugar and cinnamon until nicely combined and the pecans are fully coated.
- ☐ For the glaze: In a second medium bowl, whisk together the confectioners' sugar, lemon juice and milk until all the sugar is fully incorporated and there are no lumps. Set the glaze to the side.
- ☐ For the cake: Into a large bowl, add the cake mix, sour cream, vegetable oil, sugar, 1/4 cup water, flour and eggs. Using an electric mixer, beat the ingredients until fully combined, about 4 minutes.
- ☐ Pour about half of the batter into the prepared pan.
- ☐ Spread the pecan filling on top and swirl into the batter.
- ☐ Pour the next half of the batter over and spread to make an even layer.
- ☐ Bake until a toothpick inserted in the center comes out clean, about 30 minutes.
- ☐ Remove from the oven, place on a cooling rack and let cool in the pan for 30 minutes. Then invert the cake onto a plate or platter, and let cool completely.

- ☐
- Whisk the glaze a bit to make sure it's still smooth and then drizzle all over the cake.
- ☐
- Let the glaze set a bit and serve!

Nutrition Facts



Properties

Glycemic Index:31.01, Glycemic Load:5.55, Inflammation Score:-5, Nutrition Score:14.217391231786%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Delphinidin: 1.24mg, Delphinidin: 1.24mg, Delphinidin: 1.24mg, Delphinidin: 1.24mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 707.04kcal (35.35%), Fat: 35.92g (55.25%), Saturated Fat: 10.03g (62.7%), Carbohydrates: 91.91g (30.64%), Net Carbohydrates: 89.17g (32.43%), Sugar: 61.85g (68.72%), Cholesterol: 121.16mg (40.39%), Sodium: 527.75mg (22.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.48g (16.96%), Manganese: 1.04mg (51.78%), Phosphorus: 344.21mg (34.42%), Selenium: 15.95µg (22.79%), Calcium: 213.09mg (21.31%), Vitamin B2: 0.35mg (20.43%), Vitamin K: 20.11µg (19.16%), Vitamin B1: 0.29mg (19.1%), Folate: 66.87µg (16.72%), Copper: 0.29mg (14.47%), Vitamin E: 2.05mg (13.7%), Iron: 2.34mg (13.01%), Fiber: 2.74g (10.96%), Zinc: 1.54mg (10.24%), Vitamin B3: 1.92mg (9.6%), Vitamin A: 456.74IU (9.13%), Magnesium: 35.56mg (8.89%), Vitamin B5: 0.86mg (8.58%), Vitamin B6: 0.12mg (5.8%), Potassium: 202.28mg (5.78%), Vitamin B12: 0.31µg (5.19%), Vitamin D: 0.54µg (3.61%), Vitamin C: 1.92mg (2.33%)