



Orange Pecan Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



436 kcal

DESSERT

Ingredients

- 0.8 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.8 cup brown sugar packed
- 0.5 cup butter softened
- 2 eggs
- 1.9 cups flour all-purpose
- 0.3 cup orange juice
- 2 tablespoons brandy-based orange liqueur grand marnier® (such as)

- 2 tablespoons orange zest
- 0.8 cup pecans chopped
- 0.3 teaspoon salt
- 1 cup heavy whipping cream sour
- 1 teaspoon vanilla extract
- 1 cup sugar white

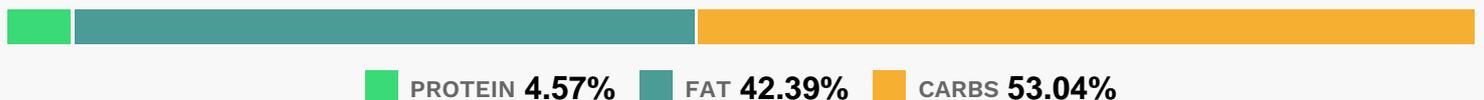
Equipment

- bowl
- frying pan
- oven
- toothpicks

Directions

- Stir together the flour, baking powder, baking soda, and salt.
- In a large bowl, cream the butter or margarine, 3/4 cup granulated sugar, and brown sugar. Beat in eggs, then add vanilla, sour cream, and orange rind. Beat the flour mixture into the creamed mixture. Stir in the pecans.
- Pour the batter into a greased and floured tube pan.
- In a small bowl, mix together the remaining 1/4 cup sugar, the orange juice, and the liqueur.
- Bake at 350 degrees F (175 degrees C) for 1 hour, or until it tests done with a toothpick.
- Pour the orange juice mixture over the hot cake.
- Transfer to a rack to cool.

Nutrition Facts



Properties

Glycemic Index:34.91, Glycemic Load:27.34, Inflammation Score:-5, Nutrition Score:7.9373913588731%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 435.51kcal (21.78%), Fat: 20.71g (31.86%), Saturated Fat: 8.98g (56.12%), Carbohydrates: 58.31g (19.44%), Net Carbohydrates: 56.75g (20.64%), Sugar: 38.71g (43.02%), Cholesterol: 70.71mg (23.57%), Sodium: 242.93mg (10.56%), Alcohol: 0.92g (100%), Alcohol %: 0.95% (100%), Protein: 5.02g (10.04%), Manganese: 0.55mg (27.33%), Selenium: 12.27µg (17.53%), Vitamin B1: 0.25mg (16.92%), Folate: 52.93µg (13.23%), Vitamin B2: 0.22mg (12.74%), Vitamin A: 496.46IU (9.93%), Phosphorus: 94.33mg (9.43%), Iron: 1.65mg (9.18%), Vitamin B3: 1.57mg (7.86%), Copper: 0.16mg (7.84%), Calcium: 74.37mg (7.44%), Fiber: 1.56g (6.23%), Vitamin C: 5.03mg (6.1%), Magnesium: 21.28mg (5.32%), Zinc: 0.75mg (4.99%), Vitamin B5: 0.44mg (4.37%), Potassium: 141.07mg (4.03%), Vitamin E: 0.58mg (3.85%), Vitamin B6: 0.06mg (3.18%), Vitamin B12: 0.15µg (2.43%), Vitamin K: 1.53µg (1.46%), Vitamin D: 0.18µg (1.17%)