



Orange Rum Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



689 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup butter softened
- ☐ 1 cup buttermilk
- ☐ 2 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 1 juice of lemon juiced
- ☐ 2 tablespoons lemon zest grated

- ☐ 2 tablespoons rum light
- ☐ 0.5 cup orange juice
- ☐ 4 tablespoons orange zest grated
- ☐ 0.5 teaspoon salt
- ☐ 1 cup walnuts finely chopped
- ☐ 2 cups sugar white

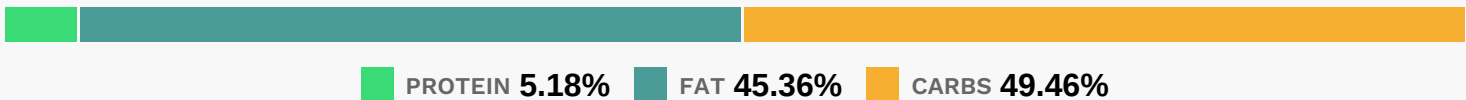
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Stir together flour, baking powder, baking soda and salt; set aside.
- ☐ In large bowl of electric mixer cream butter, 1 cup sugar and orange and lemon peel until fluffy.
- ☐ Add eggs, one at a time, and beat after each until thoroughly blended. At low speed add flour mixture alternately with buttermilk. Fold in walnuts.
- ☐ Spread batter evenly in greased 9 inch tube pan.
- ☐ Bake in center of preheated 350 degrees F (175 degrees C) oven about 55 to 60 minutes or until pick inserted in center comes out clean, cake shrinks slightly from sides of pan and surface springs back when pressed lightly with finger. Cool pan on rack slightly. In saucepan mix juices, remaining 1 cup sugar and the rum; bring to boil, then pour carefully over cake in pan. Cool, cover; let stand in pan a day or two before serving.

Nutrition Facts



Properties

Glycemic Index:50.64, Glycemic Load:58.21, Inflammation Score:-7, Nutrition Score:13.585652175157%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 688.72kcal (34.44%), Fat: 35.18g (54.12%), Saturated Fat: 16.46g (102.89%), Carbohydrates: 86.31g (28.77%), Net Carbohydrates: 83.75g (30.46%), Sugar: 53.37g (59.3%), Cholesterol: 105.23mg (35.08%), Sodium: 619.7mg (26.94%), Alcohol: 1.25g (100%), Alcohol %: 0.78% (100%), Protein: 9.04g (18.07%), Manganese: 0.78mg (38.79%), Selenium: 19.09µg (27.28%), Vitamin B1: 0.4mg (26.4%), Folate: 99.83µg (24.96%), Vitamin B2: 0.35mg (20.31%), Vitamin C: 15.41mg (18.67%), Vitamin A: 865.49IU (17.31%), Phosphorus: 172.68mg (17.27%), Copper: 0.32mg (16.01%), Iron: 2.65mg (14.74%), Calcium: 135.78mg (13.58%), Vitamin B3: 2.62mg (13.08%), Fiber: 2.56g (10.22%), Magnesium: 39.68mg (9.92%), Vitamin B6: 0.14mg (7.09%), Zinc: 1.03mg (6.9%), Vitamin E: 0.94mg (6.29%), Vitamin B5: 0.62mg (6.22%), Potassium: 213.71mg (6.11%), Vitamin B12: 0.28µg (4.74%), Vitamin D: 0.61µg (4.07%), Vitamin K: 2.64µg (2.51%)