



## Pecan Cake with Caramel Mousse and Brown Sugar Topping

READY IN



85 min.

SERVINGS



16

CALORIES



275 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 2 teaspoons bourbon
- 0.5 cup brown sugar packed
- 1 tablespoon canola oil
- 2 tablespoons canola oil
- 1 tablespoon cornstarch
- 1 tablespoon plus dark

- 3 large eggs
- 1.7 cups flour all-purpose
- 0.3 cup granulated sugar
- 0.8 cup granulated sugar
- 0.5 teaspoon juice of lemon fresh
- 0.8 cup buttermilk low-fat
- 0.5 cup milk 2% warmed reduced-fat
- 0.5 cup ground pecans toasted
- 0.3 cup pecans toasted chopped
- 0.3 teaspoon salt
- 1 Dash salt
- 1 teaspoon butter unsalted melted
- 3 tablespoons butter unsalted
- 6 tablespoons butter unsalted softened
- 0.3 teaspoon vanilla extract
- 1 teaspoon vanilla extract
- 1 tablespoon water
- 0.8 cup non-dairy whipped topping frozen thawed reduced-calorie

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- wire rack
- blender
- measuring cup

- candy thermometer

## Directions

- To prepare cake, preheat oven to 350
- Place the first 3 ingredients in a large bowl, and beat with a mixer at medium speed until light and fluffy (about 4 minutes).
- Add eggs, 1 at a time, beating well after each addition. Beat in 1 teaspoon vanilla. Weigh or lightly spoon flour into dry measuring cups, and level with a knife.
- Combine flour and the next 4 ingredients (through 1/4 teaspoon salt) in a bowl, stirring well with a whisk.
- Add the flour mixture and buttermilk alternately to sugar mixture, beginning and ending with the flour mixture, and beat just until incorporated.
- Divide the batter evenly between 2 (8-inch) round metal cake pans coated with baking spray.
- Bake at 350 for 20 minutes or until a wooden pick inserted in center comes out with moist crumbs clinging. Cool in pans for 10 minutes on a wire rack.
- Remove from pans, and cool completely on wire rack.
- To prepare mousse, place 1/4 cup granulated sugar in a medium, heavy saucepan over medium-high heat, and cook until sugar dissolves, stirring gently as needed to dissolve sugar evenly (about 4 minutes). Carefully stir in milk and 1 teaspoon melted butter (mixture will bubble and caramelized sugar will harden and stick to spoon); cook 1 minute or until sugar melts.
- Combine cornstarch and 1 tablespoon water in a small bowl.
- Add cornstarch mixture to pan; bring to a boil. Cook until thick and bubbly (about 1 minute), stirring constantly.
- Remove from heat; stir in bourbon, 1/4 teaspoon vanilla, and dash of salt.
- Pour into a bowl; cover and chill for 20 minutes. Uncover and fold in one-third of whipped topping. Gently fold in remaining whipped topping.
- Place 1 cake layer on a plate.
- Spread mousse over cake, leaving a 1-inch border around outside edge. Top with remaining cake layer.
- To prepare topping, place brown sugar and the next 5 ingredients (through dash of salt) in a small, heavy saucepan over medium heat, and bring mixture to a boil, stirring frequently. Cook

until a candy thermometer registers 234 (about 3 minutes), stirring frequently.

- Remove from heat; stir in chopped pecans and 1/4 teaspoon vanilla.
- Drizzle over top of cake, spreading it out over edges.
- Let stand until topping is set.

## Nutrition Facts



**PROTEIN 5.41%** **FAT 46.87%** **CARBS 47.72%**

## Properties

Glycemic Index:27.01, Glycemic Load:16.96, Inflammation Score:-3, Nutrition Score:5.150434764831%

## Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg

## Nutrients (% of daily need)

Calories: 274.52kcal (13.73%), Fat: 14.51g (22.32%), Saturated Fat: 5.57g (34.83%), Carbohydrates: 33.24g (11.08%), Net Carbohydrates: 32.42g (11.79%), Sugar: 22.26g (24.73%), Cholesterol: 53.59mg (17.86%), Sodium: 140.89mg (6.13%), Alcohol: 0.32g (100%), Alcohol %: 0.48% (100%), Protein: 3.77g (7.53%), Manganese: 0.32mg (15.82%), Selenium: 8.26µg (11.8%), Vitamin B1: 0.15mg (9.71%), Vitamin B2: 0.15mg (9.01%), Folate: 30.67µg (7.67%), Phosphorus: 73.3mg (7.33%), Calcium: 57.8mg (5.78%), Vitamin E: 0.85mg (5.66%), Iron: 0.99mg (5.52%), Vitamin A: 273.34IU (5.47%), Copper: 0.09mg (4.6%), Vitamin B3: 0.86mg (4.31%), Zinc: 0.53mg (3.52%), Magnesium: 13.12mg (3.28%), Fiber: 0.82g (3.27%), Vitamin B5: 0.32mg (3.18%), Vitamin B12: 0.17µg (2.8%), Vitamin K: 2.82µg (2.68%), Potassium: 90.07mg (2.57%), Vitamin B6: 0.04mg (2.12%), Vitamin D: 0.31µg (2.07%)