



Pecan Fig Bourbon Cake

READY IN



300 min.

SERVINGS



16

CALORIES



379 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 2 teaspoons bourbon
- ☐ 3 cups cake flour sifted (not self-rising; sift before measuring)
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 cup confectioners sugar
- ☐ 3 large eggs at room temperature
- ☐ 1 pound mission figs dried black hard
- ☐ 4.5 tablespoons heavy cream

- ☐ 2 cups brown sugar light packed
- ☐ 0.5 teaspoon nutmeg grated
- ☐ 7 ounces pecans
- ☐ 0.8 teaspoon salt
- ☐ 0.3 teaspoon vanilla extract pure
- ☐ 1 cup vegetable oil
- ☐ 2 cups water

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer
- ☐ kugelhkopf pan

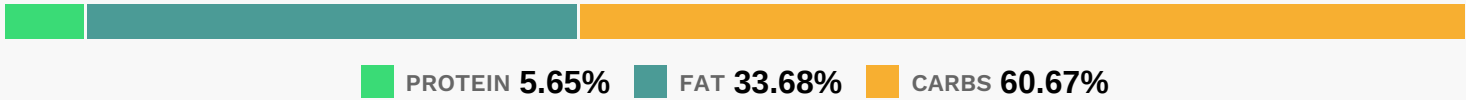
Directions

- ☐ Simmer figs in water in a heavy medium saucepan, covered, until figs are tender and most of liquid is absorbed, 35 to 40 minutes. Purée in a food processor with bourbon and vanilla. Cool to warm.
- ☐ Preheat oven to 350°F with rack in middle. Butter and flour bundt pan, knocking out excess flour.
- ☐ While oven preheats, sift together flour, baking powder, baking soda, salt, cinnamon, and nutmeg.
- ☐ Lightly toast pecans in a shallow baking pan in oven, 8 to 10 minutes, then cool and coarsely chop. Leave oven on.
- ☐ Beat together brown sugar, oil, and eggs in a large bowl with an electric mixer until thick and creamy, about 3 minutes. Stir in fig mixture. At low speed, mix in flour mixture until just

incorporated, then fold in pecans.

- ☐
- Pour batter into bundt pan and bake until a wooden pick inserted in center comes out clean, 1 to 1 1/4 hours. Cool cake completely in pan on a rack, then invert onto a plate.
- ☐
- Sift confectioners sugar into a bowl, then whisk in remaining icing ingredients until smooth.
- ☐
- Drizzle over cake.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:14.02, Inflammation Score:-3, Nutrition Score:7.5639130706372%

Flavonoids

Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 379.18kcal (18.96%), Fat: 14.57g (22.41%), Saturated Fat: 2.54g (15.85%), Carbohydrates: 59.04g (19.68%), Net Carbohydrates: 56.42g (20.52%), Sugar: 39.38g (43.76%), Cholesterol: 39.64mg (13.21%), Sodium: 237.87mg (10.34%), Alcohol: 0.23g (100%), Alcohol %: 0.19% (100%), Protein: 5.5g (11%), Manganese: 0.81mg (40.7%), Selenium: 13.22µg (18.88%), Copper: 0.24mg (11.89%), Fiber: 2.62g (10.49%), Phosphorus: 94.33mg (9.43%), Calcium: 84.14mg (8.41%), Vitamin B1: 0.12mg (8.17%), Magnesium: 30.17mg (7.54%), Vitamin K: 7.03µg (6.7%), Zinc: 0.95mg (6.33%), Iron: 1.06mg (5.9%), Vitamin B2: 0.1mg (5.69%), Potassium: 194.45mg (5.56%), Vitamin B5: 0.49mg (4.86%), Vitamin B6: 0.1mg (4.78%), Vitamin E: 0.66mg (4.4%), Folate: 17.07µg (4.27%), Vitamin A: 160.56IU (3.21%), Vitamin B3: 0.53mg (2.67%), Vitamin D: 0.25µg (1.7%), Vitamin B12: 0.09µg (1.5%)