



Pecan Rum Cake

READY IN



85 min.

SERVINGS



25

CALORIES



188 kcal

DESSERT

Ingredients

- 0.3 cup butter ()
- 1 cup knudsen cream sour
- 0.8 cup rum dark divided
- 4 eggs
- 0.5 cup oil
- 1 cup planters pecan halves coarsely chopped
- 0.5 cup sugar
- 1 pkg duncan hines classic decadent cake mix yellow (2-layer size)

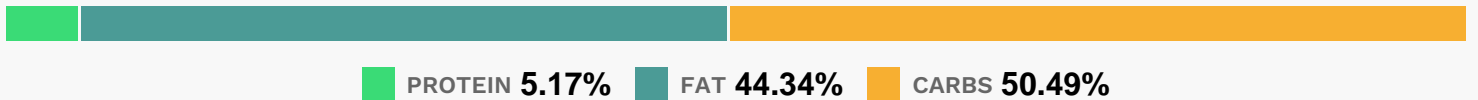
Equipment

- bowl
- frying pan
- sauce pan
- oven
- wire rack
- hand mixer
- toothpicks

Directions

- Preheat oven to 350F.
- Sprinkle pecans evenly onto bottom of well-greased fluted tube pan.
- Place cake mix, eggs, sour cream, 1/2 cup of the rum and oil in large bowl; beat with electric mixer on medium speed 2 min. or until well blended.
- Pour into prepared pan.
- Bake 1 hour or until toothpick inserted near center of cake comes out clean; cool cake 10 min. in pan on wire rack.
- Remove cake from pan; cool completely.
- Place sugar, butter and 2 Tbsp. water in small saucepan; bring to boil on medium heat, stirring frequently. Gradually add remaining 1/4 cup rum, stirring until well blended.
- Drizzle over cake slices.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:2.81, Inflammation Score:-2, Nutrition Score:3.5747826293759%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Nutrients (% of daily need)

Calories: 188.02kcal (9.4%), Fat: 8.62g (13.26%), Saturated Fat: 2.17g (13.59%), Carbohydrates: 22.07g (7.36%), Net Carbohydrates: 21.45g (7.8%), Sugar: 13.44g (14.93%), Cholesterol: 31.62mg (10.54%), Sodium: 184.92mg (8.04%), Alcohol: 2.4g (100%), Alcohol %: 5.18% (100%), Protein: 2.26g (4.52%), Manganese: 0.22mg (11.11%), Phosphorus: 96.82mg (9.68%), Calcium: 60.36mg (6.04%), Vitamin B2: 0.1mg (6.03%), Vitamin B1: 0.08mg (5.28%), Selenium: 3.3µg (4.71%), Folate: 18.82µg (4.7%), Vitamin E: 0.58mg (3.88%), Iron: 0.66mg (3.69%), Vitamin A: 178.75IU (3.57%), Copper: 0.07mg (3.55%), Vitamin B3: 0.54mg (2.7%), Fiber: 0.63g (2.51%), Vitamin B5: 0.25mg (2.5%), Zinc: 0.36mg (2.4%), Magnesium: 8.69mg (2.17%), Vitamin B6: 0.04mg (2.01%), Vitamin B12: 0.1µg (1.75%), Vitamin K: 1.54µg (1.46%), Potassium: 48.35mg (1.38%)