

Prune Cake

READY IN



85 min.

SERVINGS



10

CALORIES



480 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup buttermilk
- ☐ 2 tablespoons plus such as karo®
- ☐ 2 eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground nutmeg
- ☐ 0.5 cup butter

- ☐ 1.5 cups pecans chopped
- ☐ 1 cup prune- cut to pieces pitted
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup vegetable oil
- ☐ 0.5 cup water
- ☐ 1 cup sugar white

Equipment

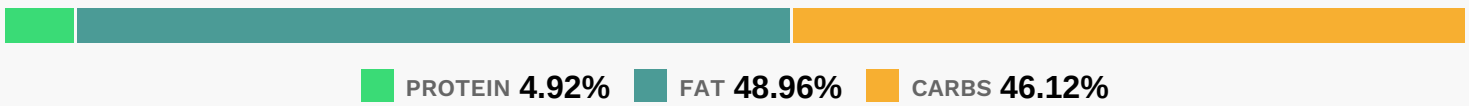
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Combine prunes and water in a small saucepan over medium-high heat. Bring to a boil, reduce heat to low, and simmer until prunes are tender, about 5 minutes.
- ☐ Drain and set aside.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a fluted tube pan (such as a Bundt®).
- ☐ Mix flour, 1 1/2 cups sugar, allspice, baking soda, nutmeg, cinnamon, and salt together in a mixing bowl.
- ☐ Combine vegetable oil, 1 cup buttermilk, and eggs in a separate bowl; pour them into the flour mixture.
- ☐ Mix until fully incorporated. Use an electric mixer to blend in the drained prunes; the mixer will break them up a bit. Stir in the chopped pecans.

- ☐
- Pour batter into prepared pan and bake in preheated oven until a tester comes out clean, about 45 minutes.
- ☐
- Remove cake from oven and allow it to cool for at least 10 minutes on a wire rack.
- ☐
- To make icing, combine 1 cup sugar, margarine, 1/2 cup buttermilk, vanilla extract, and corn syrup in a saucepan and bring it to a boil over medium-high heat. Boil for a full 5 minutes, stirring occasionally.
- ☐
- Invert cake onto a platter and pour hot icing over the cake.

Nutrition Facts



Properties

Glycemic Index:32.41, Glycemic Load:31.61, Inflammation Score:-6, Nutrition Score:11.542608683524%

Flavonoids

Cyanidin: 1.88mg, Cyanidin: 1.88mg, Cyanidin: 1.88mg, Cyanidin: 1.88mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 479.64kcal (23.98%), Fat: 27.01g (41.56%), Saturated Fat: 4.2g (26.23%), Carbohydrates: 57.26g (19.09%), Net Carbohydrates: 53.5g (19.46%), Sugar: 31.42g (34.91%), Cholesterol: 34.06mg (11.35%), Sodium: 362.76mg (15.77%), Alcohol: 0.14g (100%), Alcohol %: 0.12% (100%), Protein: 6.11g (12.23%), Manganese: 1.02mg (51.08%), Vitamin B1: 0.33mg (21.82%), Vitamin K: 19.14µg (18.23%), Selenium: 12.47µg (17.82%), Fiber: 3.76g (15.03%), Copper: 0.3mg (15.01%), Vitamin B2: 0.25mg (14.53%), Folate: 55.27µg (13.82%), Vitamin A: 622.39IU (12.45%), Phosphorus: 115.79mg (11.58%), Iron: 1.97mg (10.95%), Vitamin B3: 2.04mg (10.19%), Magnesium: 36.52mg (9.13%), Zinc: 1.19mg (7.92%), Vitamin E: 1.13mg (7.55%), Potassium: 263.15mg (7.52%), Calcium: 52.39mg (5.24%), Vitamin B6: 0.1mg (5.17%), Vitamin B5: 0.51mg (5.15%), Vitamin B12: 0.14µg (2.41%), Vitamin D: 0.33µg (2.21%)