



Puerto Rican Pineapple Rum Cake

READY IN



45 min.

SERVINGS



12

CALORIES



603 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon rum dark
- ☐ 4 large eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.5 cup pecans crushed
- ☐ 0.5 pineapple cored cut into 1/4-inch-thick slices
- ☐ 2 cups sugar
- ☐ 1 cup butter unsalted (2 sticks)

- ☐ 1 teaspoon vanilla extract pure
- ☐ 12 servings whipped cream for serving

Equipment

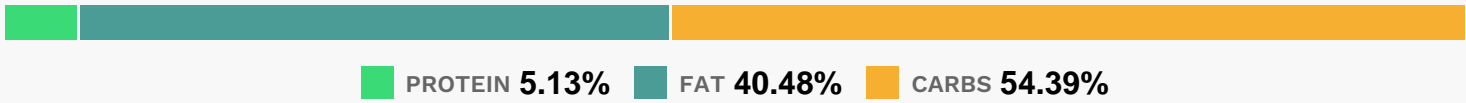
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ cake form
- ☐ stand mixer

Directions

- ☐ Position a rack in the middle of the oven and preheat to 350°F.
- ☐ In a small saucepan over moderate heat, combine the brown sugar and 1 cup rum, and bring to a simmer. Continue simmering, stirring occasionally, until reduced by about 1/2.
- ☐ Whisk in the butter.
- ☐ Add the pineapple slices, gently stirring to coat them in the glaze, then let them sit for about 3 minutes.
- ☐ Transfer the pineapple slices to the bottom of a 9-inch square cake pan, arranging them to cover the bottom.
- ☐ In the bowl of a stand mixer fitted with the paddle attachment, combine the butter and sugar and beat on high until light and fluffy, about 3 minutes.
- ☐ Add the eggs, one at a time, and beat on medium until fully incorporated.
- ☐ Add the vanilla and rum, and beat for 30 seconds. Fold in the flour and salt. Scrape the batter (it will be thick) over the pineapples in the pan.
- ☐ Sprinkle the pecans over the batter and bake until a tester inserted in the center comes out clean, about 1 hour and 10 minutes.
- ☐ Let the cake cool on a rack for 15 minutes then flip it onto a serving plate so that the pineapples are on top. DO AHEAD: The cake be baked in advance, covered, and kept at room temperature up to 10 hours.

- ☐ In a small saucepan over moderate heat, combine the rum glaze and the remaining 1/2 cup rum and warm until heated through.
- ☐ Cut the cake into squares and serve with vanilla ice cream and warm rum glaze.

Nutrition Facts



Properties

Glycemic Index:24.15, Glycemic Load:49.47, Inflammation Score:-6, Nutrition Score:12.131304326265%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg 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 Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 603.32kcal (30.17%), Fat: 27.57g (42.41%), Saturated Fat: 15.02g (93.87%), Carbohydrates: 83.33g (27.78%), Net Carbohydrates: 81.24g (29.54%), Sugar: 60.21g (66.9%), Cholesterol: 131.71mg (43.9%), Sodium: 179.27mg (7.79%), Alcohol: 0.25g (100%), Alcohol %: 0.15% (100%), Protein: 7.85g (15.71%), Manganese: 0.73mg (36.59%), Vitamin B2: 0.39mg (23.16%), Selenium: 15.83µg (22.61%), Vitamin C: 18.47mg (22.38%), Vitamin B1: 0.3mg (19.75%), Vitamin A: 864.77IU (17.3%), Folate: 67.14µg (16.79%), Phosphorus: 149.81mg (14.98%), Calcium: 118.09mg (11.81%), Iron: 1.86mg (10.33%), Vitamin B3: 1.88mg (9.41%), Vitamin B5: 0.9mg (9.02%), Fiber: 2.09g (8.36%), Copper: 0.17mg (8.29%), Zinc: 1.11mg (7.39%), Potassium: 258.14mg (7.38%), Vitamin B12: 0.44µg (7.3%), Magnesium: 27.73mg (6.93%), Vitamin B6: 0.13mg (6.34%), Vitamin E: 0.89mg (5.95%), Vitamin D: 0.75µg (4.99%), Vitamin K: 2.06µg (1.96%)