



Pumpkin-Rum Cake with Brown Sugar Icing

 Vegetarian

READY IN



109 min.

SERVINGS



12

CALORIES



823 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup t brown sugar dark packed
- ☐ 2 cups t brown sugar dark packed
- ☐ 0.3 cup butter melted
- ☐ 0.3 cup rum dark
- ☐ 1 teaspoon rum dark
- ☐ 5 large eggs

- ☐ 3 cups flour all-purpose
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 cups granulated sugar
- ☐ 0.5 teaspoon ground allspice
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon nutmeg
- ☐ 0.8 cup pecans toasted chopped
- ☐ 1 cup powdered sugar sifted
- ☐ 2 cups pumpkin puree unsweetened canned
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup butter unsalted
- ☐ 1 cup butter unsalted softened
- ☐ 0.5 cup whipping cream

Equipment

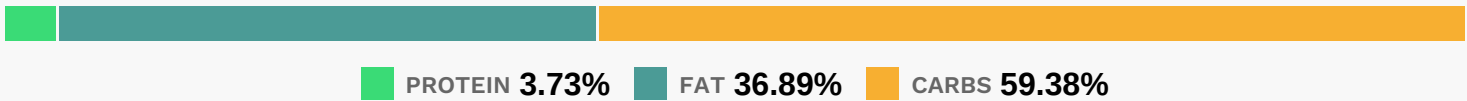
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ kugelhkopf pan

Directions

- ☐ Combine first 4 ingredients in a small bowl; stir in 1/4 cup melted butter. Use fingers to pinch streusel into big clumps. Set aside.

- ☐ Beat 1 cup butter at medium speed with an electric mixer about 2 minutes or until creamy. Gradually add 2 cups each granulated and dark brown sugar, beating at medium speed 5 to 7 minutes.
- ☐ Add eggs, 1 at a time, beating just until yellow disappears.
- ☐ Stir together pumpkin and 1/4 cup rum in a bowl.
- ☐ Combine flour and next 7 ingredients in a medium bowl.
- ☐ Add flour mixture to butter mixture alternately with pumpkin, beginning and ending with flour.
- ☐ Pour half of batter into a well-greased and floured 12-cup Bundt pan. (We recommend greasing pan with shortening.)
- ☐ Sprinkle batter with streusel; top with remaining batter.
- ☐ Bake at 325 for 1 hour and 28 minutes or until a long wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes; remove from pan, and let cool completely.
- ☐ Combine 3/4 cup brown sugar, whipping cream, and 1/4 cup unsalted butter in a medium saucepan. Cook, stirring constantly, over medium-low heat, until butter melts and sugar dissolves. Increase heat to medium-high, and bring to a boil. Boil 3 minutes.
- ☐ Remove from heat, and stir in 1 tsp. rum.
- ☐ Place powdered sugar in a bowl; pour brown sugar mixture over powdered sugar, stirring with a wire whisk 1 minute or until smooth.
- ☐ Let cool 20 to 25 minutes or until lukewarm. Spoon icing over cooled cake, and let stand until icing is firm.

Nutrition Facts



Properties

Glycemic Index:41.42, Glycemic Load:41.79, Inflammation Score:-10, Nutrition Score:16.330869425898%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 822.55kcal (41.13%), Fat: 34.07g (52.42%), Saturated Fat: 18.07g (112.94%), Carbohydrates: 123.43g (41.14%), Net Carbohydrates: 120.34g (43.76%), Sugar: 94.08g (104.53%), Cholesterol: 149.71mg (49.9%), Sodium: 344.45mg (14.98%), Alcohol: 1.81g (100%), Alcohol %: 0.95% (100%), Protein: 7.74g (15.49%), Vitamin A: 7328.35IU (146.57%), Manganese: 0.77mg (38.51%), Selenium: 19.56µg (27.95%), Vitamin B1: 0.33mg (21.83%), Folate: 78.7µg (19.68%), Vitamin B2: 0.33mg (19.23%), Iron: 3.19mg (17.71%), Phosphorus: 140.37mg (14.04%), Calcium: 133.56mg (13.36%), Fiber: 3.09g (12.36%), Vitamin B3: 2.29mg (11.47%), Copper: 0.22mg (11.24%), Vitamin E: 1.53mg (10.2%), Vitamin K: 9.42µg (8.97%), Magnesium: 34.2mg (8.55%), Vitamin B5: 0.81mg (8.12%), Potassium: 265.44mg (7.58%), Zinc: 0.97mg (6.44%), Vitamin D: 0.93µg (6.2%), Vitamin B6: 0.11mg (5.7%), Vitamin B12: 0.25µg (4.16%), Vitamin C: 1.91mg (2.31%)