



Raspberry Nut Butter Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



699 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 cup butter softened
- ☐ 0.3 cup rum dark
- ☐ 6 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.8 cup ground pecans
- ☐ 0.8 cup raspberry jam seedless
- ☐ 1 tablespoon vanilla extract

- ☐ 0.8 cup ground walnuts
- ☐ 1.5 cups sugar white

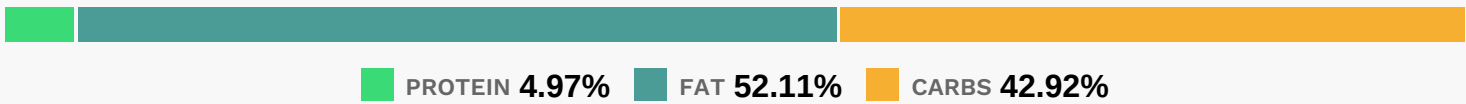
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour one 9 inch tube pan.
- ☐ Separate the eggs. In a bowl, beat the egg whites until stiff. Set aside.
- ☐ In a large bowl, beat the butter with the sugar until thoroughly creamed. Beat in the egg yolks, then the jam, vanilla extract, and dark rum.
- ☐ In a small bowl, stir together the flour and baking powder. Beat the flour mixture into the creamed mixture, then stir in the nuts. Stir about 1/3 of the beaten egg whites into the batter to lighten it and then fold in the rest gently but thoroughly.
- ☐ Pour the batter into the prepared pan.
- ☐ Bake at 350 degrees F (175 degrees C) for 65 to 70 minutes or until a toothpick inserted near the center comes out clean.
- ☐ Transfer to a rack to cool. Makes about 12 servings.

Nutrition Facts



Properties

Glycemic Index:48.39, Glycemic Load:47.02, Inflammation Score:-6, Nutrition Score:11.856521720472%

Flavonoids

Cyanidin: 1.29mg, Cyanidin: 1.29mg, Cyanidin: 1.29mg, Cyanidin: 1.29mg Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg

Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg

Nutrients (% of daily need)

Calories: 698.64kcal (34.93%), Fat: 40.28g (61.97%), Saturated Fat: 16.89g (105.57%), Carbohydrates: 74.63g (24.88%), Net Carbohydrates: 72.23g (26.26%), Sugar: 53.93g (59.92%), Cholesterol: 183.77mg (61.26%), Sodium: 293.64mg (12.77%), Alcohol: 3.06g (100%), Alcohol %: 2.2% (100%), Protein: 8.65g (17.3%), Manganese: 0.93mg (46.37%), Selenium: 17.47µg (24.95%), Copper: 0.37mg (18.47%), Vitamin A: 894.68IU (17.89%), Vitamin B2: 0.3mg (17.61%), Phosphorus: 170.09mg (17.01%), Vitamin B1: 0.24mg (16.11%), Folate: 61.25µg (15.31%), Iron: 2.1mg (11.65%), Fiber: 2.4g (9.6%), Magnesium: 38.13mg (9.53%), Zinc: 1.35mg (8.98%), Vitamin E: 1.26mg (8.39%), Calcium: 81.19mg (8.12%), Vitamin B5: 0.76mg (7.55%), Vitamin B6: 0.15mg (7.45%), Vitamin B3: 1.21mg (6.05%), Vitamin B12: 0.34µg (5.7%), Potassium: 183.44mg (5.24%), Vitamin D: 0.66µg (4.4%), Vitamin C: 3.05mg (3.7%), Vitamin K: 2.75µg (2.62%)