

Rum Cake

READY IN



65 min.

SERVINGS



16

CALORIES



277 kcal

DESSERT

Ingredients

- ☐ 0.5 cup rum dark
- ☐ 2 tablespoons rum dark
- ☐ 1 cup egg substitute
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.7 cup pecans chopped
- ☐ 0.3 cup sugar
- ☐ 2.5 tablespoons butter unsalted
- ☐ 3.4 ounce vanilla pudding mix instant
- ☐ 0.3 cup vegetable oil

- ☐ 0.5 cup water
- ☐ 3 tablespoons water
- ☐ 18.3 ounce duncan hines classic decadent cake mix yellow

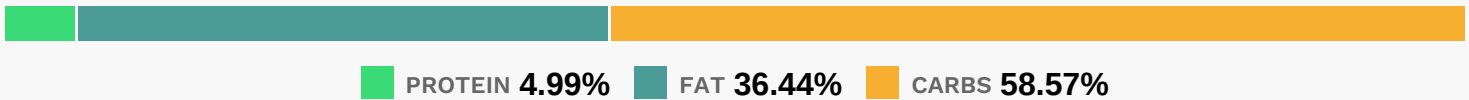
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ kugelhopf pan

Directions

- ☐ Preheat oven to 32
- ☐ Coat a 10-inch tube or a 12-cup Bundt pan with cooking spray.
- ☐ Sprinkle with flour; shake out excess.
- ☐ Sprinkle chopped pecans over bottom of pan.
- ☐ Combine cake mix and next 5 ingredients (through rum), mixing well, according to package directions.
- ☐ Pour batter over nuts.
- ☐ Bake 1 hour or until a wooden pick inserted in center comes out clean. Cool completely.
- ☐ While the cake bakes, make glaze. Melt butter in saucepan. Stir in the sugar and water. Boil 4 minutes, stirring constantly.
- ☐ Remove from heat.
- ☐ Let cool 1 minute. Stir in rum.
- ☐ Invert cake onto a plate. Pierce top of cake in several places.
- ☐ Brush glaze evenly over top and sides, so cake absorbs glaze.

Nutrition Facts



Properties

Glycemic Index:11.57, Glycemic Load:3.45, Inflammation Score:-2, Nutrition Score:5.4126086921796%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 277.36kcal (13.87%), Fat: 10.53g (16.2%), Saturated Fat: 2.63g (16.42%), Carbohydrates: 38.08g (12.69%), Net Carbohydrates: 37.19g (13.52%), Sugar: 23.42g (26.02%), Cholesterol: 4.7mg (1.57%), Sodium: 304.42mg (13.24%), Alcohol: 3.13g (100%), Alcohol %: 4.44% (100%), Protein: 3.25g (6.49%), Manganese: 0.28mg (13.79%), Phosphorus: 125.66mg (12.57%), Selenium: 7.76µg (11.08%), Vitamin K: 9.63µg (9.18%), Vitamin B1: 0.13mg (8.71%), Vitamin B2: 0.15mg (8.58%), Calcium: 83.67mg (8.37%), Vitamin E: 1.02mg (6.82%), Folate: 27.17µg (6.79%), Iron: 1.14mg (6.33%), Copper: 0.09mg (4.4%), Vitamin B3: 0.88mg (4.4%), Vitamin B5: 0.41mg (4.12%), Fiber: 0.89g (3.54%), Zinc: 0.46mg (3.03%), Magnesium: 11.33mg (2.83%), Vitamin B6: 0.05mg (2.75%), Potassium: 68.77mg (1.96%), Vitamin D: 0.27µg (1.82%), Vitamin A: 90.96IU (1.82%), Vitamin B12: 0.09µg (1.45%)