



Rum Cake

 Vegetarian

READY IN



20 min.

SERVINGS



12

CALORIES



613 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup banana liqueur
- ☐ 1.5 cups butter softened
- ☐ 0.5 cup rum dark
- ☐ 1 egg yolk
- ☐ 3 large eggs
- ☐ 3 cups flour all-purpose

- ☐ 1.5 cups granulated sugar
- ☐ 2 tablespoons lemon zest grated
- ☐ 12 servings powdered sugar
- ☐ 12 servings rum
- ☐ 0.1 teaspoon salt
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup whipping cream

Equipment

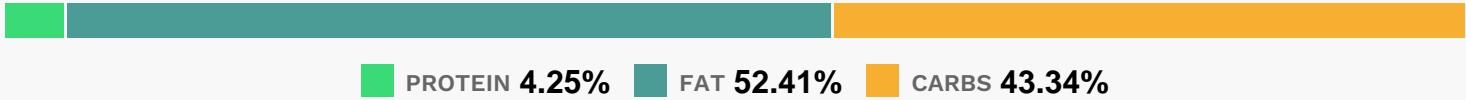
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ skewers
- ☐ kugelhopf pan

Directions

- ☐ Beat butter and granulated sugar at medium speed with an electric mixer until light and fluffy.
- ☐ Add eggs, egg yolk, and vanilla, beating until blended.
- ☐ Add lemon rind, beating until blended. Gradually add rum and banana liqueur, beating until blended. (Batter will look curdled.)
- ☐ Stir together flour and next 3 ingredients; add to batter alternately with whipping cream, beginning and ending with flour mixture. Beat batter at low speed just until blended after each addition.
- ☐ Pour batter into a greased and floured 10-inch Bundt pan.
- ☐ Bake at 350 for 55 to 60 minutes or until a long wooden pick inserted in center of cake comes out clean.
- ☐ Cool in pan on a wire rack 15 minutes. Pierce cake multiple times using a metal or wooden skewer.
- ☐ Pour Rum Syrup evenly over cake.

- ☐ Let stand 45 minutes.
- ☐ Remove from pan; cool completely on a wire rack.
- ☐ Sprinkle evenly with powdered sugar before serving.
- ☐ *1/4 cup dark rum may be substituted.

Nutrition Facts



Properties

Glycemic Index:26.42, Glycemic Load:34.88, Inflammation Score:-6, Nutrition Score:8.068260959957%

Nutrients (% of daily need)

Calories: 613.29kcal (30.66%), Fat: 32.15g (49.46%), Saturated Fat: 19.73g (123.31%), Carbohydrates: 59.82g (19.94%), Net Carbohydrates: 58.86g (21.41%), Sugar: 35.55g (39.5%), Cholesterol: 146.12mg (48.71%), Sodium: 348.17mg (15.14%), Alcohol: 9.83g (100%), Alcohol %: 7.84% (100%), Protein: 5.86g (11.72%), Selenium: 16.36µg (23.37%), Vitamin A: 1090.27IU (21.81%), Vitamin B1: 0.26mg (17.37%), Folate: 67.03µg (16.76%), Vitamin B2: 0.28mg (16.18%), Manganese: 0.23mg (11.26%), Iron: 1.85mg (10.25%), Phosphorus: 98.43mg (9.84%), Vitamin B3: 1.89mg (9.45%), Calcium: 74.45mg (7.45%), Vitamin E: 1.03mg (6.88%), Vitamin B5: 0.46mg (4.59%), Vitamin D: 0.65µg (4.32%), Fiber: 0.95g (3.8%), Vitamin B12: 0.22µg (3.67%), Zinc: 0.5mg (3.36%), Copper: 0.07mg (3.32%), Magnesium: 10.82mg (2.7%), Vitamin K: 2.76µg (2.63%), Vitamin B6: 0.05mg (2.51%), Potassium: 81.86mg (2.34%), Vitamin C: 1.41mg (1.71%)