



Rum Cake - Semi-Homemaker

READY IN



65 min.

SERVINGS



8

CALORIES



715 kcal

DESSERT

Ingredients

- ☐ 1 stick butter
- ☐ 0.5 cup canola oil
- ☐ 1 cup granulated sugar
- ☐ 1 ounce box vanilla pudding mix sugar-free instant (recommended: Jell-O)
- ☐ 1.5 cups pecans
- ☐ 0.5 cup gold rum
- ☐ 0.5 cup gold rum (recommended: Bacardi)
- ☐ 0.3 cup water
- ☐ 0.5 cup water

- ☐ 18.3 ounce classic cake mix yellow (recommended: Duncan Hines Moist Deluxe)
- ☐ 4 eggs whole

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ skewers
- ☐ measuring cup
- ☐ kugelhkopf pan

Directions

- ☐ For the cake: Grease a Bundt pan and spread pecans on the bottom of the pan. Beat eggs, oil, water and rum in mixer just until incorporated.
- ☐ Add pudding mix and cake mix and beat on med, about 3 to 5 minutes just until you get a smooth texture.
- ☐ Pour into pan and bake at 350 degrees F for 40 to 45 minutes. The cake should have a light golden brown color, but will darken with the glaze.
- ☐ For the glaze: Melt butter in saucepan and add the sugar and water, bring to a boil. Once it starts to boil, take off the heat and add the rum.
- ☐ Pour into a large measuring cup that will hold that amount or more. Set aside.
- ☐ Once cake is ready, take out of oven and leave in pan. Gently prick holes into the cake with a skewer. Slowly pour half of the glaze over the cake making sure to fill in all the holes. Once the cake has soaked up the glaze, turn cake over, removing pan, onto the base that the cake will stay on. Gently prick more holes on other side and slowly pour other half of glaze over cake. Fill the center of the cake with reserved pecans.
- ☐ Let cool and enjoy. The cake is best if left at room temperature.

Nutrition Facts



Properties

Glycemic Index:20.01, Glycemic Load:17.54, Inflammation Score:-5, Nutrition Score:12.438260898642%

Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3–gallate: 0.47mg, Epigallocatechin 3–gallate: 0.47mg, Epigallocatechin 3–gallate: 0.47mg, Epigallocatechin 3–gallate: 0.47mg

Nutrients (% of daily need)

Calories: 714.91kcal (35.75%), Fat: 32.94g (50.68%), Saturated Fat: 10.47g (65.41%), Carbohydrates: 84.24g (28.08%), Net Carbohydrates: 81.5g (29.64%), Sugar: 53.85g (59.83%), Cholesterol: 112.21mg (37.4%), Sodium: 746.41mg (32.45%), Alcohol: 10.02g (100%), Alcohol %: 5.88% (100%), Protein: 7.16g (14.32%), Manganese: 1.06mg (52.79%), Phosphorus: 305.25mg (30.52%), Vitamin B1: 0.3mg (19.71%), Vitamin B2: 0.29mg (16.9%), Calcium: 167.39mg (16.74%), Copper: 0.32mg (15.96%), Folate: 59.24µg (14.81%), Selenium: 9.76µg (13.95%), Vitamin E: 1.93mg (12.87%), Iron: 2.27mg (12.64%), Fiber: 2.74g (10.95%), Vitamin A: 483.23IU (9.66%), Zinc: 1.41mg (9.42%), Vitamin B3: 1.76mg (8.81%), Magnesium: 34.34mg (8.59%), Vitamin B5: 0.76mg (7.65%), Vitamin B6: 0.13mg (6.54%), Vitamin K: 5.64µg (5.37%), Vitamin B12: 0.28µg (4.74%), Potassium: 149.04mg (4.26%), Vitamin D: 0.44µg (2.93%)