



Rum Cake with Rum Raisin Ice Cream and Island Fruit

READY IN



45 min.

SERVINGS



12

CALORIES



603 kcal

DESSERT

Ingredients

- ☐ 3 cups all purpose flour
- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 2 tablespoons plus dark
- ☐ 3 tablespoons rum dark
- ☐ 5 large eggs
- ☐ 4 cups tropical fruit chopped (such as pineapple, mango, papaya, and guava)
- ☐ 1 cup brown sugar packed ()
- ☐ 0.8 teaspoon ground allspice

- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 cup heavy whipping cream
- ☐ 12 servings rum raisin ice cream
- ☐ 12 servings pecans toasted chopped
- ☐ 0.5 teaspoon salt
- ☐ 1.8 cups sugar
- ☐ 0.3 cup butter unsalted cut into 1/2-inch cubes ()
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup water

Equipment

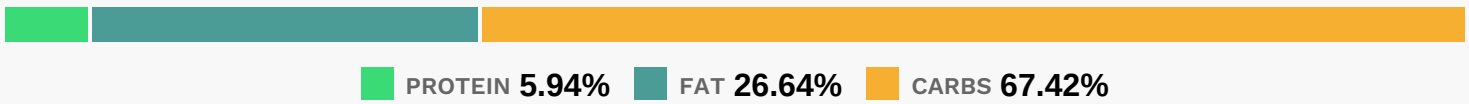
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ cake form
- ☐ springform pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350°F. Butter 9-inch-diameter springform pan with 3-inch-high sides.
- ☐ Whisk flour and baking powder in medium bowl. Beat butter, sugar, and salt in large bowl until light and fluffy, about 4 minutes.
- ☐ Add eggs 1 at a time, beating well after each addition.
- ☐ Mix 1 cup water and vanilla extract in measuring cup. Fold flour mixture into butter mixture in 3 additions alternately with water mixture in 2 additions.
- ☐ Transfer batter to prepared springform pan.

- ☐ Bake cake until tester inserted into center comes out clean, about 1 hour 10 minutes. Cool completely in pan on rack. (Can be made 1 day ahead. Store airtight at room temperature.)
- ☐ Combine first 7 ingredients in heavy medium saucepan. Stir over medium heat until sugar dissolves, about 3 minutes. Increase heat to medium-high. Boil without stirring until sauce is reduced to 1 1/2 cups, about 5 minutes. Cool slightly. (Can be prepared 1 day ahead.
- ☐ Let stand at room temperature. Rewarm slightly before continuing.)
- ☐ Remove sides from cake pan. Slice cake.
- ☐ Place 1 wedge on each plate.
- ☐ Place scoop of ice cream alongside. Spoon chopped tropical fruit alongside.
- ☐ Drizzle cake with sauce.
- ☐ Sprinkle with chopped pecans and serve.

Nutrition Facts



Properties

Glycemic Index:41.51, Glycemic Load:49.63, Inflammation Score:-6, Nutrition Score:11.665217316669%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Nutrients (% of daily need)

Calories: 602.78kcal (30.14%), Fat: 17.88g (27.51%), Saturated Fat: 9.98g (62.35%), Carbohydrates: 101.83g (33.94%), Net Carbohydrates: 99.13g (36.05%), Sugar: 73.16g (81.29%), Cholesterol: 127.91mg (42.64%), Sodium: 287.65mg (12.51%), Alcohol: 1.37g (100%), Alcohol %: 0.6% (100%), Protein: 8.97g (17.94%), Selenium: 19.07µg (27.24%), Vitamin B2: 0.45mg (26.76%), Vitamin B1: 0.3mg (20%), Phosphorus: 183.23mg (18.32%), Folate: 72.88µg (18.22%), Calcium: 179.89mg (17.99%), Vitamin A: 894.17IU (17.88%), Manganese: 0.31mg (15.7%), Iron: 2.42mg (13.43%), Vitamin B3: 2.29mg (11.47%), Fiber: 2.7g (10.81%), Vitamin B5: 0.94mg (9.36%), Potassium: 307.28mg (8.78%), Copper: 0.17mg (8.32%), Vitamin B12: 0.47µg (7.78%), Zinc: 1.1mg (7.36%), Magnesium: 27.22mg (6.8%), Vitamin B6: 0.11mg (5.37%), Vitamin D: 0.78µg (5.19%), Vitamin K: 4.67µg (4.45%), Vitamin E: 0.65mg (4.34%), Vitamin C: 2.25mg (2.73%)