



HEALTH SCORE

69%

Rum-Glazed Sweet Potato Cakes



Vegetarian



Very Healthy

READY IN



75 min.

SERVINGS



1

CALORIES



5788 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup t brown sugar dark packed
- ☐ 0.3 cup butter
- ☐ 0.8 cup buttermilk
- ☐ 0.3 cup rum dark
- ☐ 4 large eggs at room temperature
- ☐ 3 cups flour all-purpose

- ☐ 0.8 cup golden raisins
- ☐ 2 cups granulated sugar
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.5 teaspoon nutmeg
- ☐ 0.5 cup pecans toasted finely chopped
- ☐ 0.5 teaspoon sea salt fine
- ☐ 2 cups sweet potatoes and into pureed
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup vegetable oil
- ☐ 3 tablespoons whipping cream

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ hand mixer

Directions

- ☐ Stir together first 2 ingredients.
- ☐ Let stand 30 minutes.
- ☐ Meanwhile, beat eggs and granulated sugar at high speed with an electric mixer 2 to 4 minutes or until thick and pale.
- ☐ Add oil and vanilla, beating at low speed just until blended.
- ☐ Add sweet potato puree, beating just until blended and stopping to scrape down sides as needed.
- ☐ Preheat oven to 35
- ☐ Sift together flour and next 5 ingredients; add to egg mixture alternately with buttermilk, beginning and ending with flour mixture. Beat at low speed just until blended after each addition.

- ☐ Drain raisins, reserving rum. Fold raisins into batter. Spoon batter into 3 lightly greased 12-cup Bundt brownie pans, filling each three-fourths full.
- ☐ Bake at 350 for 14 to 16 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on lightly greased wire racks 5 minutes.
- ☐ Remove from pans to wire racks.
- ☐ While cakes are baking, bring brown sugar and next 2 ingredients to a boil in a heavy saucepan over medium-high heat. Boil, stirring constantly, 3 minutes or until mixture begins to thicken to a syrup-like consistency.
- ☐ Remove from heat; stir in reserved rum.
- ☐ Pierce tops of cakes multiple times using a wooden pick. Dip top halves of cakes in glaze, and hold 1 to 2 seconds (to allow glaze to soak into cakes).
- ☐ Place, glazed sides up, on lightly greased racks.
- ☐ Sprinkle each cake with pecans.
- ☐ Note: To puree roasted sweet potatoes, peel potatoes as soon as they are slightly cooled. Press pulp through a wire-mesh strainer with the back of a spoon. You'll need to roast about 1 1/2 lb. potatoes for 2 cups puree.
- ☐ Brought to the table by Sheri Castle (adapted from The New Southern Garden Cookbook).

Nutrition Facts



Properties

Glycemic Index:532.76, Glycemic Load:563.43, Inflammation Score:-10, Nutrition Score:80.640434638314%

Flavonoids

Cyanidin: 5.32mg, Cyanidin: 5.32mg, Cyanidin: 5.32mg, Cyanidin: 5.32mg Delphinidin: 3.6mg, Delphinidin: 3.6mg, Delphinidin: 3.6mg, Delphinidin: 3.6mg Catechin: 3.58mg, Catechin: 3.58mg, Catechin: 3.58mg, Catechin: 3.58mg Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epigallocatechin 3-gallate: 1.14mg, Epigallocatechin 3-gallate: 1.14mg, Epigallocatechin 3-gallate: 1.14mg, Epigallocatechin 3-gallate: 1.14mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 2.97mg, Kaempferol: 2.97mg, Kaempferol: 2.97mg, Kaempferol: 2.97mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg

Nutrients (% of daily need)

Calories: 5787.77kcal (289.39%), Fat: 172.48g (265.35%), Saturated Fat: 59.97g (374.82%), Carbohydrates: 955.92g (318.64%), Net Carbohydrates: 926.9g (337.05%), Sugar: 596.6g (662.89%), Cholesterol: 936.66mg (312.22%), Sodium: 3734.82mg (162.38%), Alcohol: 29.47g (100%), Alcohol %: 1.77% (100%), Protein: 84.19g (168.39%), Vitamin A: 41231.7IU (824.63%), Manganese: 6.55mg (327.27%), Selenium: 205.19µg (293.13%), Vitamin B1: 3.67mg (244.86%), Vitamin B2: 3.7mg (217.82%), Folate: 838.21µg (209.55%), Iron: 27.59mg (153.3%), Phosphorus: 1480.69mg (148.07%), Vitamin B3: 26.03mg (130.13%), Fiber: 29.02g (116.06%), Copper: 2.25mg (112.42%), Calcium: 954.5mg (95.45%), Vitamin K: 99.12µg (94.4%), Potassium: 3072.48mg (87.79%), Vitamin B5: 8.44mg (84.36%), Vitamin B6: 1.65mg (82.64%), Magnesium: 308.84mg (77.21%), Zinc: 9.63mg (64.2%), Vitamin E: 9.33mg (62.22%), Vitamin D: 7.06µg (47.07%), Vitamin B12: 2.78µg (46.27%), Vitamin C: 10.82mg (13.12%)