



Rum-Raisin Bundt Cake

READY IN



150 min.

SERVINGS



16

CALORIES



248 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 3 cups cake flour
- ☐ 0.5 cup canola oil
- ☐ 3 tablespoons plus
- ☐ 3 tablespoons rum dark (such as Myers's)
- ☐ 3 large eggs
- ☐ 0.7 cup golden raisins
- ☐ 1.3 cups granulated sugar divided

- ☐ 1 tablespoon lemon zest grated
- ☐ 1 cup milk 2% reduced-fat
- ☐ 1 tablespoon orange zest grated
- ☐ 1 tablespoon powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup butter unsalted softened
- ☐ 2 teaspoons vanilla extract
- ☐ 2 tablespoons water

Equipment

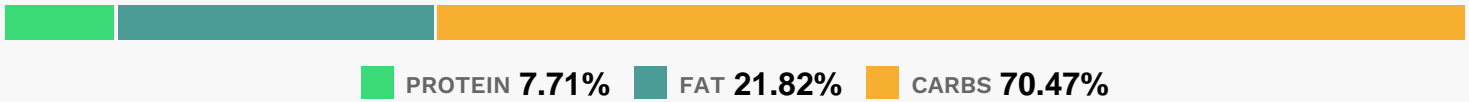
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ blender
- ☐ microwave
- ☐ measuring cup
- ☐ kugelhkopf pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine raisins and rum in a small microwave-safe bowl; microwave at HIGH for 30 seconds. Cool to room temperature.
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 3 ingredients (through salt) in a bowl; stir with a whisk.

- ☐ Place butter in a large bowl; beat with a mixer at medium speed until smooth.
- ☐ Add oil, 1 cup granulated sugar, rinds, and vanilla; beat at medium speed 3 minutes or until light and fluffy.
- ☐ Add eggs, 1 at a time, beating well after each addition.
- ☐ Add flour mixture and milk alternately to butter mixture, beginning and ending with flour mixture.
- ☐ Drain raisins through a sieve over a bowl; reserve liquid. Stir raisins into batter.
- ☐ Pour batter into a 10-cup Bundt pan coated with baking spray.
- ☐ Bake at 350 for 40 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack.
- ☐ Remove from pan; place on serving plate.
- ☐ Combine remaining 1/3 cup granulated sugar, corn syrup, and 2 tablespoons water in a small saucepan; bring to a boil. Cook 1 minute.
- ☐ Remove pan from heat; stir in reserved rum.
- ☐ Brush syrup over warm cake. Cool completely.
- ☐ Sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:19.98, Glycemic Load:25.93, Inflammation Score:-1, Nutrition Score:4.0582608451014%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 247.9kcal (12.4%), Fat: 5.94g (9.14%), Saturated Fat: 2.47g (15.44%), Carbohydrates: 43.17g (14.39%), Net Carbohydrates: 42.28g (15.38%), Sugar: 24.8g (27.56%), Cholesterol: 43.68mg (14.56%), Sodium: 171.38mg (7.45%), Alcohol: 1.11g (100%), Alcohol %: 1.53% (100%), Protein: 4.72g (9.44%), Selenium: 12.77µg (18.24%), Manganese: 0.21mg (10.58%), Phosphorus: 71.15mg (7.11%), Vitamin B2: 0.1mg (5.97%), Calcium: 54.52mg (5.45%), Copper: 0.08mg (3.8%), Vitamin E: 0.53mg (3.55%), Fiber: 0.88g (3.54%), Folate: 13.33µg (3.33%), Vitamin B5: 0.31mg (3.14%), Vitamin A: 156.54IU (3.13%), Iron: 0.55mg (3.03%), Potassium: 105.61mg (3.02%), Zinc: 0.44mg (2.92%),

Magnesium: 11.15mg (2.79%), Vitamin B12: 0.17µg (2.79%), Vitamin B6: 0.05mg (2.56%), Vitamin B1: 0.03mg (2.15%),
Vitamin B3: 0.33mg (1.66%), Vitamin D: 0.24µg (1.6%), Vitamin K: 1.59µg (1.51%), Vitamin C: 1.22mg (1.47%)