



Sock-it-to-Me Bundt Cake

READY IN



85 min.

SERVINGS



8

CALORIES



445 kcal

DESSERT

Ingredients

- 3 tablespoons brown sugar packed
- 1 tablespoon butter
- 4 eggs
- 0.5 cup granulated sugar
- 2 teaspoons granulated sugar
- 2 teaspoons ground cinnamon
- 1 cup cream sour
- 0.8 cup vegetable oil
- 1 box cake mix yellow

Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- hand mixer
- cake form

Directions

- Heat oven to 325F. Grease 12-cup fluted tube cake pan with shortening or cooking spray; lightly flour.
- In large bowl, beat Cake ingredients with electric mixer on medium speed until well blended.
- Spread half of batter in pan.
- In small bowl, stir together Cinnamon
- Mixture ingredients.
- Sprinkle over batter in pan.
- Pour remaining batter over top.
- Bake 55 to 60 minutes. Cool in pan 5 minutes. Run knife around edge and center of pan.
- Place cooling rack upside down over pan; turn rack and pan over.
- Remove pan.

Nutrition Facts



Properties

Glycemic Index:24.4, Glycemic Load:9.43, Inflammation Score:-3, Nutrition Score:8.4782609252826%

Nutrients (% of daily need)

Calories: 445.2kcal (22.26%), Fat: 15.02g (23.11%), Saturated Fat: 6.16g (38.52%), Carbohydrates: 73.01g (24.34%),
Net Carbohydrates: 71.97g (26.17%), Sugar: 46.89g (52.1%), Cholesterol: 102.57mg (34.19%), Sodium: 523.32mg
(22.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.9g (11.81%), Phosphorus: 266.67mg (26.67%),
Calcium: 187.02mg (18.7%), Vitamin B2: 0.3mg (17.73%), Selenium: 9.92µg (14.18%), Folate: 56.14µg (14.03%),
Manganese: 0.22mg (11.18%), Vitamin B1: 0.16mg (10.94%), Iron: 1.83mg (10.17%), Vitamin K: 10.17µg (9.68%), Vitamin
E: 1.32mg (8.81%), Vitamin B3: 1.55mg (7.76%), Vitamin A: 343.12IU (6.86%), Vitamin B5: 0.68mg (6.79%), Vitamin
B12: 0.32µg (5.4%), Vitamin B6: 0.1mg (5.08%), Fiber: 1.04g (4.16%), Zinc: 0.57mg (3.78%), Copper: 0.07mg (3.62%),
Magnesium: 12.72mg (3.18%), Potassium: 105.5mg (3.01%), Vitamin D: 0.44µg (2.93%)