

Sock it to Me Cake II

READY IN



45 min.

SERVINGS



15

CALORIES



425 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.8 cup brown sugar packed
- 0.5 cup butter
- 0.5 cup buttermilk
- 4 eggs
- 1 teaspoon ground cinnamon
- 1 cup pecans chopped
- 2 cups cup heavy whipping cream sour
- 1 teaspoon vanilla extract

- 0.7 cup vegetable oil
- 18.3 ounce butter cake mix
- 1 cup sugar white

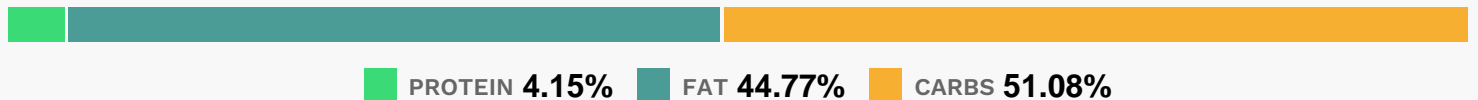
Equipment

- oven
- baking pan

Directions

- Mix together the cake mix and eggs. Fold in the sour cream.
- Mix in the vanilla, 1 cup sugar, oil and pecans.
- Pour half of batter into a 9 x 13 inch pan.
- Combine the ground cinammon and brown sugar.
- Sprinkle over the batter.
- Pour the other half of the batter over top.
- Bake at 350 degrees F (175 degrees C) for 50 minutes.
- To make Icing: Bring to a boil 1/2 cup butter or margarine, 1 cup sugar, buttermilk and baking soda. Prick cake all over with fork and pour hot icing on cake.

Nutrition Facts



Properties

Glycemic Index:11.07, Glycemic Load:9.46, Inflammation Score:-4, Nutrition Score:7.2786956740462%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg

Nutrients (% of daily need)

Calories: 425.22kcal (21.26%), Fat: 21.64g (33.29%), Saturated Fat: 8.81g (55.06%), Carbohydrates: 55.55g (18.52%), Net Carbohydrates: 54.36g (19.77%), Sugar: 40.72g (45.24%), Cholesterol: 78.89mg (26.3%), Sodium: 410.53mg (17.85%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 4.51g (9.02%), Manganese: 0.43mg (21.57%), Phosphorus: 182.75mg (18.27%), Calcium: 137.05mg (13.71%), Vitamin B2: 0.21mg (12.56%), Vitamin B1: 0.14mg (9.51%), Selenium: 6.64µg (9.48%), Vitamin A: 461.17IU (9.22%), Folate: 33.15µg (8.29%), Iron: 1.23mg (6.83%), Copper: 0.13mg (6.74%), Vitamin E: 1mg (6.68%), Vitamin K: 5.91µg (5.63%), Vitamin B5: 0.52mg (5.25%), Zinc: 0.72mg (4.8%), Vitamin B3: 0.95mg (4.73%), Fiber: 1.18g (4.73%), Magnesium: 18.77mg (4.69%), Vitamin B12: 0.25µg (4.22%), Vitamin B6: 0.08mg (4.11%), Potassium: 129.01mg (3.69%), Vitamin D: 0.34µg (2.26%)