



Sock It to Me Cake IV

READY IN



45 min.

SERVINGS



10

CALORIES



437 kcal

DESSERT

Ingredients

- 2 tablespoons brown sugar
- 1 cup confectioners' sugar
- 4 eggs
- 2 tablespoons ground cinnamon
- 2 tablespoons milk
- 1 cup pecans chopped
- 1 cup heavy whipping cream sour
- 0.5 cup vegetable oil
- 0.3 cup water

- 18.3 ounce butter cake mix
- 0.3 cup sugar white

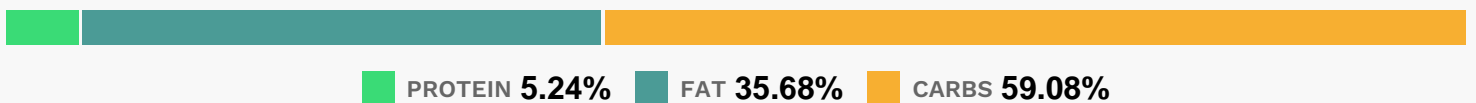
Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease and flour one 10-inch tube pan.
- In large bowl, blend together cake mix, sour cream, oil, 1/4 cup white sugar, water, and eggs. Beat at high speed for 2 minutes.
- Pour 2/3 of the batter into prepared tube pan.
- Combine pecans, brown sugar, and cinnamon, and sprinkle over batter in pan.
- Spread remaining batter evenly over filling mixture.
- Bake at 375 degrees F (190 degrees C) for 45–55 minutes until the cake springs back when touched lightly. Cool right-side-up in pan about 25 minutes.
- Mix together confectioners' sugar and milk.
- Remove cake from pan and drizzle with glaze.

Nutrition Facts



Properties

Glycemic Index:12.31, Glycemic Load:3.61, Inflammation Score:-3, Nutrition Score:10.02826086205%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate:

0.25mg

Nutrients (% of daily need)

Calories: 436.5kcal (21.82%), Fat: 17.73g (27.28%), Saturated Fat: 4.78g (29.87%), Carbohydrates: 66.08g (22.03%), Net Carbohydrates: 63.57g (23.12%), Sugar: 42.91g (47.68%), Cholesterol: 79.4mg (26.47%), Sodium: 411.33mg (17.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.86g (11.72%), Manganese: 0.88mg (43.93%), Phosphorus: 247.06mg (24.71%), Calcium: 171.94mg (17.19%), Vitamin B2: 0.26mg (15.34%), Vitamin B1: 0.21mg (13.68%), Selenium: 8.46µg (12.08%), Folate: 47.35µg (11.84%), Iron: 1.84mg (10.2%), Fiber: 2.52g (10.07%), Copper: 0.19mg (9.68%), Vitamin E: 1.12mg (7.45%), Vitamin B3: 1.39mg (6.93%), Zinc: 0.98mg (6.54%), Vitamin B5: 0.65mg (6.5%), Vitamin K: 6.8µg (6.47%), Magnesium: 24.37mg (6.09%), Vitamin B6: 0.11mg (5.37%), Vitamin A: 254.01IU (5.08%), Vitamin B12: 0.27µg (4.55%), Potassium: 136.97mg (3.91%), Vitamin D: 0.38µg (2.57%)