



Sweet Potato Bundt Cake with Spiced Buttered Rum Glaze

 Vegetarian

READY IN



95 min.

SERVINGS



15

CALORIES



391 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 cups confectioners' sugar
- ☐ 3 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 1 cup golden raisins
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon salt

- ☐ 2 tablespoons spiced rum
- ☐ 1.8 cups sugar
- ☐ 1.5 cups sweet potato meat cooked (2 sweet potatoes)
- ☐ 4 tablespoons butter unsalted
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup vegetable oil
- ☐ 1 cup walnuts crushed toasted
- ☐ 0.8 cup warm water

Equipment

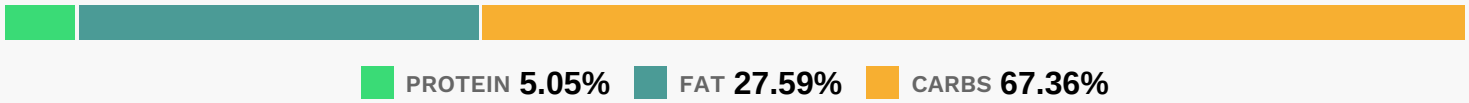
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ toothpicks
- ☐ kugelhkopf pan

Directions

- ☐ Special equipment: bundt pan
- ☐ Preheat oven to 325 degrees F.
- ☐ Lightly grease a 10-cup bundt pan.
- ☐ In a mixing bowl, whisk together the flour, baking powder, cinnamon, and salt. Set the mixture aside. In a separate large mixing bowl, mash the sweet potato, leaving only a slight meaty texture.
- ☐ Whisk together the sweet potato and the eggs.
- ☐ Whisk in the warm water, then the sugar, then the oil followed by the vanilla extract. Stir in the dry ingredients until homogenous then fold in raisins and walnuts. Spoon the batter into the prepared bundt pan.
- ☐ Bake until a toothpick inserted into the center of the cake comes out clean, about 1 hour.
- ☐ Let the cake cool in the tin for 15 minutes and invert onto a serving platter or cake stand.

- ☐
- Melt the butter in a medium saucepan with the rum. Pull from the heat and whisk in the confectioners' sugar until smooth.
- ☐
- Pour the glaze over the cooled cake. Slice and serve.

Nutrition Facts



Properties

Glycemic Index:26.12, Glycemic Load:33.56, Inflammation Score:-8, Nutrition Score:9.2086956708328%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 390.74kcal (19.54%), Fat: 12.19g (18.75%), Saturated Fat: 3.16g (19.78%), Carbohydrates: 66.97g (22.32%), Net Carbohydrates: 65.02g (23.64%), Sugar: 45.54g (50.6%), Cholesterol: 40.76mg (13.59%), Sodium: 185.47mg (8.06%), Alcohol: 0.76g (100%), Alcohol %: 0.72% (100%), Protein: 5.02g (10.04%), Vitamin A: 2029.64IU (40.59%), Manganese: 0.5mg (25.06%), Selenium: 10.57µg (15.1%), Vitamin B1: 0.21mg (13.68%), Folate: 51.78µg (12.94%), Vitamin B2: 0.19mg (11.21%), Copper: 0.22mg (11.1%), Phosphorus: 102.89mg (10.29%), Iron: 1.73mg (9.59%), Fiber: 1.94g (7.77%), Vitamin B3: 1.51mg (7.57%), Calcium: 74.88mg (7.49%), Magnesium: 25.19mg (6.3%), Vitamin B6: 0.13mg (6.27%), Vitamin K: 6.53µg (6.21%), Potassium: 188.64mg (5.39%), Vitamin B5: 0.4mg (3.95%), Zinc: 0.58mg (3.89%), Vitamin E: 0.53mg (3.55%), Vitamin D: 0.23µg (1.55%), Vitamin B12: 0.08µg (1.41%)