



TearlMiss You: Vanilla Rum Cake Soaked with Coffee Rum Syrup and Whipped Cream Marsala Mascarpone Frosting

READY IN



85 min.

SERVINGS



24

CALORIES



383 kcal

DESSERT

Ingredients

- 2.3 teaspoons double-acting baking powder
- 9 ounces butter
- 6 ounces cake flour
- 7 ounces hot-brewed coffee hot
- 2 ounces rum dark
- 3 tablespoons rum dark
- 3 eggs

- 5 ounces flour all-purpose
- 0.5 cup granulated sugar
- 10.5 ounces granulated sugar
- 2 cups heavy whipping cream
- 1 tablespoon marsala wine
- 1 pound mascarpone cheese
- 1 cup powdered sugar
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 6 ounces milk whole

Equipment

- bowl
- oven
- whisk
- blender
- hand mixer
- toothpicks
- wooden spoon
- muffin liners
- pastry brush

Directions

- For the cupcakes: Preheat the oven to 325 degrees F. Line muffin pans with 24 muffin liners. In the bowl of an electric mixer with the paddle attachment, whisk both flours, the granulated sugar, baking powder and salt until well combined. With the mixer on low speed, add the butter.
- Add the eggs, one at a time, scraping the bowl as needed.
- Add the milk, rum and vanilla, and mix for about a minute until well combined. Fill the prepared muffin pans three-quarters full with batter and bake until a toothpick inserted comes out

clean, about 24 minutes.

- Combine the hot coffee, granulated sugar and rum in a bowl and whisk until the sugar dissolves. Refrigerate until cool.
- For the frosting: In the bowl of an electric mixer with the whisk attachment, combine the whipping cream and marsala and whip until stiff peaks form. In another bowl, mix the mascarpone cheese and powdered sugar with a wooden spoon until well combined. Fold the mascarpone mixture into the whipped cream and refrigerate until use.
- To assemble: Use a pastry brush to soak the cupcakes with the rum coffee syrup, soaking twice. Top with whipped cream marsala mascarpone frosting.

Nutrition Facts

PROTEIN 4.66% **FAT 60.55%** **CARBS 34.79%**

Properties

Glycemic Index: 20.51, Glycemic Load: 18.38, Inflammation Score: -5, Nutrition Score: 3.8939130520043%

Flavonoids

Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Malvidin: 0.59mg, Malvidin: 0.59mg, Malvidin: 0.59mg, Malvidin: 0.59mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 382.7kcal (19.14%), Fat: 25.27g (38.87%), Saturated Fat: 15.65g (97.8%), Carbohydrates: 32.67g (10.89%), Net Carbohydrates: 32.34g (11.76%), Sugar: 22.48g (24.98%), Cholesterol: 85.48mg (28.49%), Sodium: 183.61mg (7.98%), Alcohol: 1.57g (100%), Alcohol %: 1.8% (100%), Caffeine: 3.31mg (1.1%), Protein: 4.37g (8.75%), Vitamin A: 863.14IU (17.26%), Selenium: 7.47µg (10.68%), Calcium: 78.36mg (7.84%), Vitamin B2: 0.12mg (7.06%), Phosphorus: 54.06mg (5.41%), Manganese: 0.1mg (5.16%), Vitamin B1: 0.06mg (4.28%), Folate: 17.01µg (4.25%), Vitamin E: 0.52mg (3.49%), Vitamin D: 0.51µg (3.37%), Iron: 0.51mg (2.85%), Vitamin B5: 0.25mg (2.51%), Vitamin B3: 0.47mg (2.33%), Vitamin B12: 0.14µg (2.28%), Zinc: 0.27mg (1.77%), Potassium: 58.5mg (1.67%), Magnesium: 6.61mg (1.65%), Copper: 0.03mg (1.53%), Vitamin K: 1.46µg (1.39%), Fiber: 0.33g (1.32%), Vitamin B6: 0.03mg (1.32%)