



Texas Praline Cake

READY IN



90 min.

SERVINGS



10

CALORIES



663 kcal

DESSERT

Ingredients

- ☐ 5 teaspoons double-acting baking powder
- ☐ 1 cup brown sugar
- ☐ 1 cup butter
- ☐ 4 eggs
- ☐ 4 cups flour all-purpose
- ☐ 1 cup heavy cream chilled
- ☐ 1 tablespoon coffee granules instant
- ☐ 10 pecan halves
- ☐ 1 cup pecans coarsely chopped

- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1.5 cups water
- ☐ 0.5 cup sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ toothpicks

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Grease just the bottom of a 10 inch tube pan.
- ☐ In a large bowl, cream together the butter, 1 cup brown sugar and white sugar until smooth. Beat in the eggs one at a time, mixing well after each. Stir in vanilla. Dissolve the coffee crystals in water, and stir into the creamed mixture until blended. Stir together the flour, cocoa, baking powder and salt; stir into the batter until just incorporated. Fold in pecans.
- ☐ Transfer the batter to the prepared pan.
- ☐ Bake for about 55 minutes in the preheated oven, or until a toothpick inserted into the center of the cake comes out clean. Cool cake in pan on a wire rack.
- ☐ In a chilled bowl, stir together the heavy cream, salt, vanilla and remaining 1/2 cup brown sugar so that the sugar is dissolved. Whip using chilled beaters until stiff. Run a knife around the outer edge of the cake in the pan, and tap it out onto a serving plate. Make sure cake is completely cool before frosting. Decorate with pecan halves if you like.

Nutrition Facts



 **PROTEIN 5.68%**  **FAT 50.66%**  **CARBS 43.66%**

Properties

Glycemic Index:25.71, Glycemic Load:35.14, Inflammation Score:-8, Nutrition Score:14.845217487086%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg Epicatechin: 1.08mg, Epicatechin: 1.08mg, Epicatechin: 1.08mg, Epicatechin: 1.08mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 662.93kcal (33.15%), Fat: 37.99g (58.44%), Saturated Fat: 10.69g (66.84%), Carbohydrates: 73.66g (24.55%), Net Carbohydrates: 70.94g (25.8%), Sugar: 32.74g (36.37%), Cholesterol: 92.37mg (30.79%), Sodium: 495.89mg (21.56%), Alcohol: 0.07g (100%), Alcohol %: 0.04% (100%), Caffeine: 16.85mg (5.62%), Protein: 9.58g (19.15%), Manganese: 0.94mg (47.13%), Selenium: 24µg (34.28%), Vitamin B1: 0.49mg (32.55%), Folate: 104.04µg (26.01%), Vitamin A: 1263.77IU (25.28%), Vitamin B2: 0.4mg (23.54%), Phosphorus: 191.84mg (19.18%), Iron: 3.44mg (19.09%), Calcium: 186.81mg (18.68%), Vitamin B3: 3.31mg (16.53%), Copper: 0.27mg (13.58%), Fiber: 2.72g (10.88%), Magnesium: 37.37mg (9.34%), Vitamin E: 1.31mg (8.73%), Zinc: 1.24mg (8.26%), Vitamin B5: 0.71mg (7.06%), Potassium: 215.82mg (6.17%), Vitamin B6: 0.1mg (4.9%), Vitamin D: 0.73µg (4.89%), Vitamin B12: 0.22µg (3.62%), Vitamin K: 1.42µg (1.35%)