



## Torta Negra Colombiana (Colombian Black Cake)

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



826 kcal

DESSERT

### Ingredients

- ☐ 1 pound all purpose flour
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 pound butter
- ☐ 0.5 cup rum dark
- ☐ 12 large eggs at room temperature
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves

- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 cup port wine
- ☐ 2 cups prune- cut to pieces pitted
- ☐ 2 cups raisins
- ☐ 1 pound sugar
- ☐ 1 tablespoon vanilla extract

## Equipment

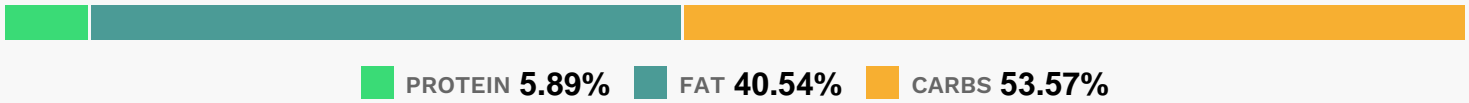
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ aluminum foil

## Directions

- ☐ One to two weeks before you make the cake, place the prunes, raisins, 1/4 cup of rum and 1/2 cup of wine in a non reactive container. When you are ready to make the cakes, preheat the oven to 350 degrees F. Butter and flour two 8 inches round cake pans and set aside.
- ☐ Place the raisins, prunes and brevas in the food processor and process for about 60 seconds.
- ☐ Transfer the fruit mixture to a bowl and set aside. In a large bowl, whisk together flour, baking powder, cinnamon, cloves and nutmeg and set aside. Using an electric mixer, cream together the butter and sugar. Scrape down the sides of the bowl, add the vanilla extract, and add the eggs, a couple at a time.
- ☐ Add the flour mixture and mix on the lower speed for about one minute.
- ☐ Add bakers caramel and mix for one more minute. Stir in the fruit using your hands until well combined. Divide the batter evenly between the two pans and bake until cakes are done on top or a tester inserted into the center comes out clean, about 1 hour and 40 minutes.
- ☐ Remove from oven and let them cool for about 5 to 10 minutes. Unmold the cakes and brush with the remaining rum and wine. Wrap cakes with plastic wrap, and then with aluminum foil.

Let the cakes stand at room temperature for at least 3 days before serving or up to three weeks in the fridge before frosting.

## Nutrition Facts



## Properties

Glycemic Index:38.74, Glycemic Load:62.33, Inflammation Score:-8, Nutrition Score:16.303043645361%

## Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

## Nutrients (% of daily need)

Calories: 826.25kcal (41.31%), Fat: 36.19g (55.67%), Saturated Fat: 21.15g (132.17%), Carbohydrates: 107.57g (35.86%), Net Carbohydrates: 102.71g (37.35%), Sugar: 50.8g (56.45%), Cholesterol: 267.27mg (89.09%), Sodium: 360.12mg (15.66%), Alcohol: 6.77g (100%), Alcohol %: 3.46% (100%), Protein: 11.82g (23.65%), Selenium: 29.11µg (41.59%), Vitamin B2: 0.54mg (31.68%), Vitamin A: 1441.81IU (28.84%), Manganese: 0.53mg (26.71%), Vitamin B1: 0.37mg (24.35%), Folate: 95.79µg (23.95%), Iron: 3.67mg (20.37%), Phosphorus: 196.97mg (19.7%), Fiber: 4.86g (19.43%), Vitamin K: 20.33µg (19.37%), Potassium: 553.06mg (15.8%), Vitamin B3: 3.15mg (15.76%), Copper: 0.26mg (13.06%), Vitamin B5: 1.11mg (11.15%), Vitamin B6: 0.21mg (10.44%), Vitamin E: 1.56mg (10.4%), Magnesium: 36.7mg (9.18%), Calcium: 86.01mg (8.6%), Vitamin B12: 0.51µg (8.49%), Zinc: 1.14mg (7.63%), Vitamin D: 1µg (6.67%), Vitamin C: 1.49mg (1.8%)