



Tunnel of Penuche Cake

READY IN



240 min.

SERVINGS



16

CALORIES



543 kcal

DESSERT

Ingredients

- ☐ 11 ounces flour sifted
- ☐ 9 ounces powdered sugar sifted
- ☐ 6 eggs
- ☐ 5.5 ounces granulated sugar
- ☐ 6 ounces sauce at room temperature (I used Mrs. Richardson's brand)
- ☐ 7.5 ounces brown sugar light packed
- ☐ 16 ounces pecans chopped
- ☐ 0.1 teaspoon salt
- ☐ 7 ounces butter unsalted softened

- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ wooden spoon
- ☐ stand mixer
- ☐ kugelhkopf pan

Directions

- ☐ Adjust oven rack to lower position and preheat oven to 350°F. Grease and flour bundt cake pan very thoroughly.
- ☐ In bowl of stand mixer fitted with the paddle attachment, beat butter, brown sugar, and granulated sugar on medium speed until light and fluffy, about 2 minutes.
- ☐ Add eggs one at a time, beating well after each addition. Beat in vanilla. Gradually add the two cups of confectioners' sugar until thoroughly blended.
- ☐ Remove bowl from mixer and using wooden spoon, stir in flour, salt, and pecans until well blended. Spoon batter into greased and floured pan; spread evenly. Fill pan until batter reaches 1 inch from top of pan. Depending on the size of your bundt pan, you may have some extra batter.
- ☐ Bake until top is set and edges are beginning to pull away from sides of the pan, 45 to 50 minutes. Cool upright in pan on wire rack 1 1/2 hours. Using a sharp knife, gently loosen the sides of the cake from the pan. Invert onto serving plate; cool at least 2 hours.
- ☐ Once cooled, spoon butterscotch sauce on top of cake, allowing some to run down the sides. If desired, sprinkle chocolate shavings on top. Store tightly covered.

Nutrition Facts



 **PROTEIN 4.93%**  **FAT 51.81%**  **CARBS 43.26%**

Properties

Glycemic Index:9.69, Glycemic Load:17.69, Inflammation Score:-5, Nutrition Score:11.679130295049%

Flavonoids

Cyanidin: 3.04mg, Cyanidin: 3.04mg, Cyanidin: 3.04mg, Cyanidin: 3.04mg Delphinidin: 2.06mg, Delphinidin: 2.06mg, Delphinidin: 2.06mg, Delphinidin: 2.06mg Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg

Nutrients (% of daily need)

Calories: 543.1kcal (27.16%), Fat: 32.27g (49.65%), Saturated Fat: 8.67g (54.19%), Carbohydrates: 60.64g (20.21%), Net Carbohydrates: 57.39g (20.87%), Sugar: 41.95g (46.61%), Cholesterol: 88.05mg (29.35%), Sodium: 175.08mg (7.61%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 6.91g (13.82%), Manganese: 1.42mg (71.2%), Vitamin B1: 0.35mg (23.16%), Copper: 0.39mg (19.52%), Selenium: 13.19µg (18.84%), Phosphorus: 135.77mg (13.58%), Fiber: 3.25g (12.99%), Vitamin B2: 0.22mg (12.82%), Folate: 50.16µg (12.54%), Iron: 2.02mg (11.23%), Zinc: 1.65mg (11.01%), Magnesium: 42.05mg (10.51%), Vitamin A: 414.92IU (8.3%), Vitamin B3: 1.52mg (7.58%), Vitamin B5: 0.61mg (6.14%), Vitamin E: 0.87mg (5.8%), Potassium: 181.4mg (5.18%), Vitamin B6: 0.1mg (5.1%), Calcium: 46.31mg (4.63%), Vitamin D: 0.52µg (3.44%), Vitamin B12: 0.17µg (2.8%), Vitamin K: 1.97µg (1.87%)