



## Two Ton Bourbon Pecan Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



1488 kcal

DESSERT

### Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1.8 cups bourbon
- ☐ 1.5 cups butter
- ☐ 1 pound brown sugar dark
- ☐ 6 eggs
- ☐ 3.5 cups flour all-purpose
- ☐ 1 teaspoon ground nutmeg
- ☐ 0.8 cup milk

- ☐ 7 ounces pecan halves
- ☐ 2 pounds pecans chopped
- ☐ 1 teaspoon vanilla extract

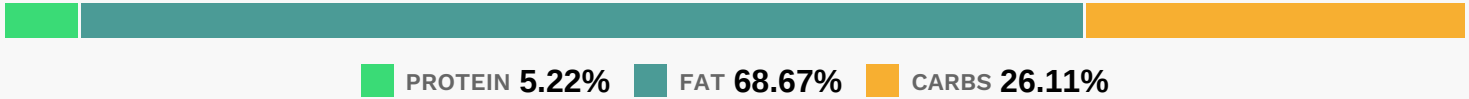
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ cake form
- ☐ wooden spoon
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease an angel food cake pan.
- ☐ Sift flour, baking powder and nutmeg together in large bowl. In a small bowl, mix 3/4 cup bourbon, the milk and vanilla.
- ☐ In a large bowl, use an electric mixer at medium speed to beat the butter until smooth and creamy. Beat in brown sugar until the mixture is fluffy.
- ☐ Add the eggs to the mixture, beating one in at a time.
- ☐ Mix the flour mixture and the bourbon mixture into the large bowl, small amounts at a time. Using a wooden spoon, stir the pecan pieces into the batter.
- ☐ Transfer the batter to the prepared angel food cake pan. Arrange the pecan halves in circles on top of cake.
- ☐ Cover the pan with foil.
- ☐ Bake 1 hour 40 minutes at 350 degrees F (175 degrees C).
- ☐ Remove foil and bake another 20 minutes.
- ☐ Let the cake cool 20 minutes before removing it from the pan. Pierce the cake with a fork or knife in a few places and pour 1 cup bourbon over the cake.

# Nutrition Facts



## Properties

Glycemic Index:36, Glycemic Load:25.31, Inflammation Score:-9, Nutrition Score:30.559565523396%

## Flavonoids

Cyanidin: 11.87mg, Cyanidin: 11.87mg, Cyanidin: 11.87mg, Cyanidin: 11.87mg Delphinidin: 8.05mg, Delphinidin: 8.05mg, Delphinidin: 8.05mg, Delphinidin: 8.05mg Catechin: 8mg, Catechin: 8mg, Catechin: 8mg, Catechin: 8mg Epigallocatechin: 6.22mg, Epigallocatechin: 6.22mg, Epigallocatechin: 6.22mg, Epigallocatechin: 6.22mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epigallocatechin 3-gallate: 2.54mg, Epigallocatechin 3-gallate: 2.54mg, Epigallocatechin 3-gallate: 2.54mg, Epigallocatechin 3-gallate: 2.54mg

## Nutrients (% of daily need)

Calories: 1488.33kcal (74.42%), Fat: 110.82g (170.49%), Saturated Fat: 25.62g (160.13%), Carbohydrates: 94.8g (31.6%), Net Carbohydrates: 82.96g (30.17%), Sugar: 49.61g (55.12%), Cholesterol: 173.61mg (57.87%), Sodium: 404.65mg (17.59%), Alcohol: 14.17g (100%), Alcohol %: 5.57% (100%), Protein: 18.94g (37.88%), Manganese: 5.33mg (266.26%), Vitamin B1: 1.1mg (73.26%), Copper: 1.44mg (72.08%), Fiber: 11.84g (47.36%), Phosphorus: 462.67mg (46.27%), Selenium: 28.38µg (40.54%), Zinc: 5.8mg (38.64%), Magnesium: 154.27mg (38.57%), Iron: 5.77mg (32.08%), Vitamin B2: 0.52mg (30.56%), Folate: 118.42µg (29.61%), Calcium: 237.99mg (23.8%), Vitamin A: 1085.23IU (21.7%), Vitamin B3: 3.99mg (19.95%), Potassium: 634.88mg (18.14%), Vitamin E: 2.65mg (17.67%), Vitamin B5: 1.72mg (17.16%), Vitamin B6: 0.33mg (16.4%), Vitamin B12: 0.39µg (6.53%), Vitamin K: 6.52µg (6.21%), Vitamin D: 0.73µg (4.86%), Vitamin C: 1.22mg (1.48%)