

Eggnog Cake II

Chef Eddy

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Yield: 1 9x13-inch cake

2 1/2 cups all-purpose flour
1 1/2 teaspoons baking powder
1/4 teaspoon cloves
3 large eggs
1 teaspoon salt
1/2 cup eggnog
1/2 teaspoon baking soda
1 teaspoon nutmeg
1 cup vegetable oil
1 1/2 cups extra fine granulated sugar
1/2 cup bourbon
1/2 cup eggnog (for garnish)

Preparation Time: 20 minutes

Bake: 35 minutes

Preheat the oven to 350 degrees.

Butter and flour a 9x13-inch deep baking pan. (For easy removal of the baked cake, place a piece of parchment paper on the bottom of the pan.) Set aside.

In a bowl, sift together the flour, baking soda, baking powder, nutmeg and cloves. Set aside.

In a bowl large enough to hold all of the ingredients, mix the oil and eggs using a whisk. Add the sugar and salt. Mix until smooth.

Add the bourbon and one-half cup of eggnog. Whisk to combine.

Add the sifted flour and mix until blended. (Do Not Overmix).

Pour the batter into the prepared pan. Place in the oven.

Bake until the center bounces back when lightly pressed with a finger or a toothpick inserted near the center comes out clean, about 35 to 40 minutes. Allow to cool.

The cake can be consumed as it stands. However, for a very moist and flavorful result, prick holes on the surface of the cake using a toothpick. Gently pour the remaining eggnog over the cake and allow it to be absorbed.

Sprinkle with powdered sugar.

For a super moist cake, drizzle with additional eggnog after the cake is baked.

Per Serving (excluding unknown items): 3752 Calories; 246g Fat (63.7% calories from fat); 56g Protein; 260g Carbohydrate; 9g Dietary Fiber; 711mg Cholesterol; 3788mg Sodium. Exchanges: 15 1/2 Grain(Starch); 2 1/2 Lean Meat; 47 Fat; 1 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	3752	Vitamin B6 (mg):	.4mg
% Calories from Fat:	63.7%	Vitamin B12 (mcg):	2.6mcg
% Calories from Carbohydrates:	29.9%	Thiamin B1 (mg):	2.6mg
% Calories from Protein:	6.4%	Riboflavin B2 (mg):	2.4mg
Total Fat (g):	246g	Folacin (mcg):	557mcg
Saturated Fat (g):	37g	Niacin (mg):	19mg
Monounsaturated Fat (g):	138g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	50g	Alcohol (kcal):	278
Cholesterol (mg):	711mg	% Refused:	n.n%
Carbohydrate (g):	260g	Food Exchanges	
Dietary Fiber (g):	9g	Grain (Starch):	15 1/2
Protein (g):	56g	Lean Meat:	2 1/2
Sodium (mg):	3788mg	Vegetable:	0
Potassium (mg):	763mg	Fruit:	0
Calcium (mg):	716mg	Non-Fat Milk:	0
Iron (mg):	18mg	Fat:	47
Zinc (mg):	5mg	Other Carbohydrates:	1 1/2
Vitamin C (mg):	2mg		
Vitamin A (i.u.):	881IU		
Vitamin A (r.e.):	253 1/2RE		

Nutrition Facts

Amount Per Serving

Calories 3752 **Calories from Fat:** 2390

% Daily Values*

Total Fat 246g	379%
Saturated Fat 37g	183%
Cholesterol 711mg	237%
Sodium 3788mg	158%
Total Carbohydrates 260g	87%
Dietary Fiber 9g	36%
Protein 56g	
Vitamin A	18%
Vitamin C	3%
Calcium	72%
Iron	102%

* Percent Daily Values are based on a 2000 calorie diet.