

Rum Cake III

Mrs. J. H. Benton, Mrs. E. M. Clark and Mrs. W. F. Williamson Jr
River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

CAKE

1/2 cup chopped pecans
1 package (18-1/2 ounce) yellow
cake mix
1/2 cup cooking oil
1 package (3-3/4 ounce) vanilla
pudding mix (instant or non-instant)
1/2 cup rum
1/2 cup water
4 eggs

GLAZE

1 cup sugar
1/2 cup butter
1/4 cup rum
1/4 cup water

Preheat the oven to 325 degrees.

Grease and flour a tube or bundt cake pan.
Sprinkle the nuts into the bottom of the pan.

In a bowl, mix the cake mix, oil, pudding, rum,
water and eggs with an electric mixer for 2 to 3
minutes. Pour the batter into the pan.

Bake for 40 to 60 minutes.

Make the glaze: Place the sugar, butter, rum
and water into a small saucepan. Bring to a boil.
Boil for 2 to 3 minutes.

Pour the hot rum glaze over the cake while still
hot.

Cool the glazed cake in the pan for 30 minutes.
Turn the cake out onto a serving plate.

(The cake may be frozen.)

Per Serving (excluding unknown
items): 5864 Calories; 321g Fat
(51.9% calories from fat); 53g
Protein; 616g Carbohydrate; 10g
Dietary Fiber; 1107mg Cholesterol;
4625mg Sodium. Exchanges: 1/2
Grain(Starch); 3 1/2 Lean Meat; 62
Fat; 40 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	5864	Vitamin B6 (mg):	.8mg
% Calories from Fat:	51.9%	Vitamin B12 (mcg):	3.3mcg

% Calories from Carbohydrates:	44.3%
% Calories from Protein:	3.8%
Total Fat (g):	321g
Saturated Fat (g):	90g
Monounsaturated Fat (g):	111g
Polyunsaturated Fat (g):	103g
Cholesterol (mg):	1107mg
Carbohydrate (g):	616g
Dietary Fiber (g):	10g
Protein (g):	53g
Sodium (mg):	4625mg
Potassium (mg):	962mg
Calcium (mg):	857mg
Iron (mg):	13mg
Zinc (mg):	7mg
Vitamin C (mg):	2mg
Vitamin A (i.u.):	4525IU
Vitamin A (r.e.):	1146 1/2RE

Thiamin B1 (mg):	1.6mg
Riboflavin B2 (mg):	2.1mg
Folacin (mcg):	464mcg
Niacin (mg):	10mg
Caffeine (mg):	0mg
Alcohol (kcal):	385
% Refined:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	3 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	62
Other Carbohydrates:	40 1/2

Nutrition Facts

Amount Per Serving

Calories 5864	Calories from Fat: 3043
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% Daily Values*

Total Fat 321g	494%
Saturated Fat 90g	449%
Cholesterol 1107mg	369%
Sodium 4625mg	193%
Total Carbohydrates 616g	205%
Dietary Fiber 10g	41%
Protein 53g	
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Vitamin A	91%
Vitamin C	4%
Calcium	86%
Iron	73%

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