

Christmas Rum Cake

Connie Schultz
www.Parade.com

Servings: 10

CAKE

1 cup chopped pecans
1 box yellow cake mix (with pudding in mix)
3 eggs
1/2 cup cold water
1/2 cup rum
1/3 cup oil
GLAZE
1/4 pound butter
1/4 cup water
1 cup granulated sugar
1/2 cup dark rum

Preparation Time: 15 minutes

Preheat the oven to 325 degrees.

For the cake: Spread the chopped pecans in the bottom of a greased and floured Bundt pan.

In a bowl, mix the cake mix, eggs, water, rum and oil. Pour the batter over the nuts.

Bake for about one hour or until a toothpick inserted in the center comes out clean. Cool, then invert onto a serving plate. Prick the top with a fork.

For the glaze: In a saucepan, melt the butter. Stir in the water and sugar. Boil for 5 minutes, stirring constantly. Remove from the heat. Stir in the rum.

Spoon and brush the glaze onto the cake.

Start to Finish Time: 1 hour 15 minutes

Per Serving (excluding unknown items): 375 Calories; 26g Fat (69.9% calories from fat); 3g Protein; 22g Carbohydrate; 1g Dietary Fiber; 88mg Cholesterol; 116mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 5 Fat; 1 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	375	Vitamin B6 (mg):	trace
% Calories from Fat:	69.9%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	26.7%	Thiamin B1 (mg):	.1mg

% Calories from Protein: 3.5%
Total Fat (g): 26g
Saturated Fat (g): 8g
Monounsaturated Fat (g): 12g
Polyunsaturated Fat (g): 4g
Cholesterol (mg): 88mg
Carbohydrate (g): 22g
Dietary Fiber (g): 1g
Protein (g): 3g
Sodium (mg): 116mg
Potassium (mg): 71mg
Calcium (mg): 15mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): trace
Vitamin A (i.u.): 436IU
Vitamin A (r.e.): 108 1/2RE

Riboflavin B2 (mg): .1mg
Folacin (mcg): 12mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 51
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 5
Other Carbohydrates: 1 1/2

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 375 **Calories from Fat:** 262

% Daily Values*

Total Fat	26g	40%
Saturated Fat	8g	38%
Cholesterol	88mg	29%
Sodium	116mg	5%
Total Carbohydrates	22g	7%
Dietary Fiber	1g	4%
Protein	3g	
<hr/>		
Vitamin A		9%
Vitamin C		0%
Calcium		2%
Iron		3%

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