

Rum Cake

Kathy Igo, Sue Herzog

Church of St. Peter Council of Catholic Women - Mendota, MN (2003)

CAKE

1 cup pecans or walnuts, chopped
1 package (18-1/2 ounce) yellow cake mix
4 eggs
1 package (3-3/4 ounce) vanilla instant pudding
1/4 cup water
1/2 cup oil
3/4 cup dark rum (80 proof)

GLAZE

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

Preheat the oven to 325 degrees.

Grease and flour a ten-inch tube pan or Bundt pan. Sprinkle the nuts over the bottom of the pan.

Mix all of the cake ingredients together and pour over the nuts.

Bake for one hour.

Cool and invert on a serving plate.

Prepare the glaze: Melt the butter in a saucepan. Stir in the water and sugar. Boil for 5 minutes, stirring constantly. Remove from the heat and stir in the rum.

Prick the top of the cake. Spoon and brush the glaze evenly over the top and sides. Allow the cake to absorb the glaze. Repeat until the glaze is used up. (You can optionally decorate with more nuts and whipped cream.)

If using a yellow cake mix with pudding already in the mix, omit the instant pudding, use three eggs instead of four, and 1/3 cup of oil instead of 1/2 cup.

Per Serving (excluding unknown items): 5339 Calories; 281g Fat (49.1% calories from fat); 49g Protein; 606g Carbohydrate; 6g Dietary Fiber; 1107mg Cholesterol; 4623mg Sodium. Exchanges: 3 Lean Meat; 54 Fat; 40 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	5339	Vitamin B6 (mg):	.7mg
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% Calories from Fat:	49.1%
% Calories from Carbohydrates:	47.1%
% Calories from Protein:	3.8%
Total Fat (g):	281g
Saturated Fat (g):	85g
Monounsaturated Fat (g):	124g
Polyunsaturated Fat (g):	52g
Cholesterol (mg):	1107mg
Carbohydrate (g):	606g
Dietary Fiber (g):	6g
Protein (g):	49g
Sodium (mg):	4623mg
Potassium (mg):	728mg
Calcium (mg):	834mg
Iron (mg):	12mg
Zinc (mg):	4mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	4449IU
Vitamin A (r.e.):	1139RE

Vitamin B12 (mcg):	3.3mcg
Thiamin B1 (mg):	1.1mg
Riboflavin B2 (mg):	2.0mg
Folacin (mcg):	441mcg
Niacin (mg):	9mg
Caffeine (mg):	0mg
Alcohol (kcal):	257
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	3
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	54
Other Carbohydrates:	40 1/2

Nutrition Facts

Amount Per Serving

Calories 5339	Calories from Fat: 2623
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% Daily Values*

Total Fat 281g	432%
Saturated Fat 85g	425%
Cholesterol 1107mg	369%
Sodium 4623mg	193%
Total Carbohydrates 606g	202%
Dietary Fiber 6g	23%
Protein 49g	
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Vitamin A	89%
Vitamin C	2%
Calcium	83%
Iron	66%

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