## Rum Raisin Ring Cake

Mary Kaminski Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

## Servings: 16

1 can (20 ounce) crushed pineapple, drained (reserve the juice) 1 1/2 cups sugar 1/2 cup butter, softened 3 eggs

1 teaspoon vanilla extract 2 1/2 cups all-purpose flour

1 teaspoon baking powder

1 teaspoon baking soda 1 teaspoon ground allspice

1 teaspoon ground allspic 1/2 teaspoon salt

1/2 cup dark rum

1 cup raisins

1 cup chopped walnuts RUM GLAZE

3 tablespoons dark rum

3 tablespoons pineapple juice

2 tablespoons butter, softened

3 cups powdered sugar

Preheat the oven to 350 degrees.

Press out 1-1/4 cups of pineapple juice, reserving 1/4 cup for the cake and 3 tablespoons for the icing.

In a bowl, cream the sugar and butter. Beat in the eggs and vanilla.

In a bowl, stir together the flour, baking powder, soda, allspice and salt. Add to the creamed mixture alternately with the reserved 1/4 cup of pineapple juice and the rum.

Stir in the pineapple, raisins and nuts. Spoon into a greased ten-inch bundt pan.

Bake for 50 to 55 minutes until a wooden pick inserted in the cake comes out clean.

Invert on a wire rack to cool completely.

To make the Rum Glaze: In a bowl, combine the rum, pineapple juice, butter and powdered sugar. Beat until blended. Spoon over the cooled cake. Per Serving (excluding unknown items): 418 Calories; 13g Fat (28.4% calories from fat); 6g Protein; 67g Carbohydrate; 1g Dietary Fiber; 59mg Cholesterol; 264mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 2 1/2 Fat; 3 Other Carbohydrates.

**Desserts** 

## Day Carrier Mutritional Analysis

Calories (kcal):	418	Vitamin B6 (mg):	.1mg
% Calories from Fat:	28.4%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	66.2%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	5.5%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	13g	Folacin (mcg):	42mcg
Saturated Fat (g):	5g	Niacin (mg):	1mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg 23
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	23 0 0%
Cholesterol (mg):	59mg		
Carbohydrate (g):	67g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	1
Protein (g):	6g	Lean Meat:	1/2
Sodium (mg):	264mg	Vegetable:	0
Potassium (mg):	170mg	Fruit:	1/2
Calcium (mg):	40mg	Non-Fat Milk:	0
Iron (mg):	2mg	Fat:	2 1/2
Zinc (mg):	1mg	Other Carbohydrates:	3
Vitamin C (mg):	2mg		
Vitamin A (i.u.):	347IU		
Vitamin A (r.e.):	83 1/2RE		

## **Nutrition Facts**

Servings per Recipe: 16

Amount Per Serving		
Calories 418	Calories from Fat: 118	
	% Daily Values*	
Total Fat 13g	20%	
Saturated Fat 5g	25%	
Cholesterol 59mg	20%	
Sodium 264mg	11%	
<b>Total Carbohydrates</b> 67g	22%	
Dietary Fiber 1g	6%	
Protein 6g		
Vitamin A	7%	
Vitamin C	4%	
Calcium	4%	
Iron	9%	

<sup>\*</sup> Percent Daily Values are based on a 2000 calorie diet.