

7-Up Cake

Doreen Recco

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

3 sticks margarine, at room temperature
3 cups sugar
5 eggs
3 cups flour
2 tablespoons lemon extract
3/4 cup 7-Up soda

Preheat the oven to 325 degrees.

Cream the sugar and butter together and beat until light and flour.

Add the eggs one at a time and beat well. Add the flour.

Beat in the lemon extract and 7-Up.

Pour the batter into a well greased and floured jumbo fluted mold.

Bake for 60 to 90 minutes.

Per Serving (excluding unknown items): 6525 Calories; 301g Fat (41.3% calories from fat); 73g Protein; 891g Carbohydrate; 11g Dietary Fiber; 1060mg Cholesterol; 3562mg Sodium. Exchanges: 19 Grain(Starch); 4 Lean Meat; 56 Fat; 40 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	6525	Vitamin B6 (mg):	.5mg
% Calories from Fat:	41.3%	Vitamin B12 (mcg):	3.5mcg
% Calories from Carbohydrates:	54.2%	Thiamin B1 (mg):	3.2mg
% Calories from Protein:	4.5%	Riboflavin B2 (mg):	3.2mg
Total Fat (g):	301g	Folacin (mcg):	221mcg
Saturated Fat (g):	56g	Niacin (mg):	22mg
Monounsaturated Fat (g):	141g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	87g	Alcohol (kcal):	0
Cholesterol (mg):	1060mg	% Refused:	0 0%
	891g		

Food Exchanges

Carbohydrate (g):
Dietary Fiber (g): 11g
Protein (g): 73g
Sodium (mg): 3562mg
Potassium (mg): 892mg
Calcium (mg): 294mg
Iron (mg): 22mg
Zinc (mg): 6mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 13326IU
Vitamin A (r.e.): 3058 1/2RE

Grain (Starch): 19
Lean Meat: 4
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 56
Other Carbohydrates: 40

Nutrition Facts

Amount Per Serving

Calories 6525 **Calories from Fat:** 2695

% Daily Values*

Total Fat	301g	464%
Saturated Fat	56g	279%
Cholesterol	1060mg	353%
Sodium	3562mg	148%
Total Carbohydrates	891g	297%
Dietary Fiber	11g	43%
Protein	73g	
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Vitamin A		267%
Vitamin C		1%
Calcium		29%
Iron		124%

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