

Apple Cake III

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

2 cups sugar
3 cups all-purpose flour
1 1/4 cups vegetable oil
3 cups fresh apples (Granny Smith preferred), chopped
2 large or 3 small eggs
1 cup pecans (optional)
2 teaspoons baking powder
1 teaspoon salt
1 teaspoon cloves (optional)
1 teaspoon cinnamon
1 teaspoon vanilla
1/2 cup buttermilk

Preheat the oven to 350 degrees.

In a mixing bowl, combine the sugar, flour, oil, apples, eggs, baking powder, salt, cinnamon, vanilla and buttermilk. Add the pecans and cloves, if desired. Stir well.

Grease and flour a tube pan.

Pour the mixture into the pan.

Bake for one hour.

Leave in pan to cool.

Per Serving (excluding unknown items): 5543 Calories; 287g Fat (46.2% calories from fat); 55g Protein; 698g Carbohydrate; 11g Dietary Fiber; 428mg Cholesterol; 3387mg Sodium. Exchanges: 19 Grain(Starch); 1 1/2 Lean Meat; 1/2 Non-Fat Milk; 55 1/2 Fat; 27 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	5543	Vitamin B6 (mg):	.3mg
% Calories from Fat:	46.2%	Vitamin B12 (mcg):	1.6mcg
% Calories from Carbohydrates:	49.9%	Thiamin B1 (mg):	3.1mg
% Calories from Protein:	4.0%	Riboflavin B2 (mg):	2.6mg
Total Fat (g):	287g	Folacin (mcg):	632mcg
Saturated Fat (g):	36g	Niacin (mg):	22mg
Monounsaturated Fat (g):	166g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	61g	Alcohol (kcal):	13
Cholesterol (mg):	428mg	% Refuse:	0.0%
	698g		

Food Exchanges

Carbohydrate (g):
Dietary Fiber (g): 11g
Protein (g): 55g
Sodium (mg): 3387mg
Potassium (mg): 742mg
Calcium (mg): 837mg
Iron (mg): 21mg
Zinc (mg): 4mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 534IU
Vitamin A (r.e.): 150 1/2RE

Grain (Starch): 19
Lean Meat: 1 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1/2
Fat: 55 1/2
Other Carbohydrates: 27

Nutrition Facts

Amount Per Serving

Calories 5543 **Calories from Fat:** 2560

% Daily Values*

Total Fat 287g	442%
Saturated Fat 36g	180%
Cholesterol 428mg	143%
Sodium 3387mg	141%
Total Carbohydrates 698g	233%
Dietary Fiber 11g	45%
Protein 55g	

Vitamin A	11%
Vitamin C	3%
Calcium	84%
Iron	119%

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