

Apple Cider Pound Cake (Winner at Texas State Fair)

Mrs. J. B. Maguire Jr - Pampa, TX

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

CAKE

1 cup margarine, softened
1/2 cup shortening, softened
3 cups sugar
6 large eggs
3 cups flour
1/2 teaspoon oil
1/2 teaspoon baking powder
1/2 teaspoon allspice
3/4 teaspoon cinnamon
1/2 teaspoon nutmeg
1/4 teaspoon ground cloves
1 cup apple cider
1 teaspoon vanilla

CARAMEL GLAZE

1/2 cup sugar
1/2 teaspoon baking soda
1/4 cup margarine
1/4 cup buttermilk
1/4 cup dark corn syrup
1 teaspoon vanilla

Preheat the oven to 325 degrees.

In a bowl, mix the margarine and shortening. Add the sugar. Beat for 10 minutes with a mixer at medium speed. Add the eggs, one at a time.

Add the remaining ingredients. Beat well. Pour the batter into a large tube pan.

Bake for 90 minutes.

Make the glaze: In a saucepan, combine the sugar, baking soda, margarine, buttermilk, corn syrup and vanilla. Boil for 10 minutes.

Drizzle the glaze over the cake while the cake is still warm.

(If well covered, the cake will stay moist for many days.)

NOTE: This is a large cake. It makes a little too much batter for a bundt pan.

Per Serving (excluding unknown items): 7657 Calories; 367g Fat (42.7% calories from fat); 81g Protein; 1028g Carbohydrate; 13g Dietary Fiber; 1274mg Cholesterol; 4047mg Sodium. Exchanges: 19 Grain(Starch); 5 Lean Meat; 2 Fruit; 0 Non-Fat Milk; 68 1/2 Fat; 47 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):

7657

Vitamin B6 (mg):

.7mg

% Calories from Fat:	42.7%
% Calories from Carbohydrates:	53.1%
% Calories from Protein:	4.2%
Total Fat (g):	367g
Saturated Fat (g):	76g
Monounsaturated Fat (g):	168g
Polyunsaturated Fat (g):	101g
Cholesterol (mg):	1274mg
Carbohydrate (g):	1028g
Dietary Fiber (g):	13g
Protein (g):	81g
Sodium (mg):	4047mg
Potassium (mg):	1354mg
Calcium (mg):	561mg
Iron (mg):	25mg
Zinc (mg):	7mg
Vitamin C (mg):	5mg
Vitamin A (i.u.):	11589IU
Vitamin A (r.e.):	2683 1/2RE

Vitamin B12 (mcg):	4.3mcg
Thiamin B1 (mg):	3.3mg
Riboflavin B2 (mg):	3.6mg
Folacin (mcg):	250mcg
Niacin (mg):	23mg
Caffeine (mg):	0mg
Alcohol (kcal):	25
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	19
Lean Meat:	5
Vegetable:	0
Fruit:	2
Non-Fat Milk:	0
Fat:	68 1/2
Other Carbohydrates:	47

Nutrition Facts

Amount Per Serving

Calories 7657	Calories from Fat: 3268
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% Daily Values*

Total Fat 367g	565%
Saturated Fat 76g	380%
Cholesterol 1274mg	425%
Sodium 4047mg	169%
Total Carbohydrates 1028g	343%
Dietary Fiber 13g	51%
Protein 81g	
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Vitamin A	232%
Vitamin C	8%
Calcium	56%
Iron	141%

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