

Apricot Nectar Cake

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

1 package yellow cake mix
3/4 cup salad oil
3/4 cup apricot nectar
4 eggs
3 teaspoons lemon extract
1 1/2 cups confectioner's sugar
juice of 1-1/2 lemons

Preheat the oven to 300 degrees.

Empty the cake mix into a large bowl. Add the oil, apricot nectar, eggs and lemon extract. Mix well.

Pour the batter into a tube cake pan.

Bake for one hour.

In a bowl, mix the confectioner's sugar and lemon juice. Pour over the cake while in the pan and as soon as removed from the oven. Let cool in the pan.

Per Serving (excluding unknown items): 4798 Calories; 244g Fat (45.4% calories from fat); 49g Protein; 612g Carbohydrate; 7g Dietary Fiber; 858mg Cholesterol; 3687mg Sodium. Exchanges: 3 Lean Meat; 1 1/2 Fruit; 46 1/2 Fat; 39 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	4798	Vitamin B6 (mg):	.7mg
% Calories from Fat:	45.4%	Vitamin B12 (mcg):	3.1mcg
% Calories from Carbohydrates:	50.6%	Thiamin B1 (mg):	1.2mg
% Calories from Protein:	4.0%	Riboflavin B2 (mg):	2.0mg
Total Fat (g):	244g	Folacin (mcg):	440mcg
Saturated Fat (g):	34g	Niacin (mg):	10mg
Monounsaturated Fat (g):	130g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	60g	Alcohol (kcal):	0
Cholesterol (mg):	858mg	% Refuse:	0.0%
Carbohydrate (g):	612g		

Food Exchanges

Dietary Fiber (g): 7g
Protein (g): 49g
Sodium (mg): 3687mg
Potassium (mg): 910mg
Calcium (mg): 817mg
Iron (mg): 12mg
Zinc (mg): 4mg
Vitamin C (mg): 63mg
Vitamin A (i.u.): 3459IU
Vitamin A (r.e.): 529RE

Grain (Starch): 0
Lean Meat: 3
Vegetable: 0
Fruit: 1 1/2
Non-Fat Milk: 0
Fat: 46 1/2
Other Carbohydrates: 39

Nutrition Facts

Amount Per Serving

Calories 4798 **Calories from Fat:** 2177

% Daily Values*

Total Fat 244g	375%
Saturated Fat 34g	171%
Cholesterol 858mg	286%
Sodium 3687mg	154%
Total Carbohydrates 612g	204%
Dietary Fiber 7g	27%
Protein 49g	
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Vitamin A	69%
Vitamin C	105%
Calcium	82%
Iron	68%

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