

Billie's Southern Sweet Potato Cake

*Billie Williams-Henderson - Bowie, MD
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Servings: 20

4 eggs
2 cups sugar
2 cups canola oil
2 teaspoons vanilla extract
2 cups all-purpose flour
2 teaspoons baking soda
2 teaspoons ground cinnamon
1/2 teaspoon ground ginger
1/2 teaspoon ground allspice
1/2 teaspoon salt
3 cups (two medium) shredded peeled sweet potatoes
1 cup walnuts, finely chopped

FROSTING
1 package (8 ounces) cream cheese, softened
1/2 cup butter, softened
1 teaspoon vanilla extract
2 cups confectioner's sugar

Preparation Time: 25 minutes

Bake: 40 minutes

Preheat the oven to 350 degrees.

Grease a 13x9-inch baking pan.

In a large bowl, beat the eggs, sugar, oil and vanilla until well blended.

In another bowl, whisk the flour, baking soda, spices and salt. Gradually beat into the egg mixture. Stir in the sweet potatoes and walnuts.

Transfer to the prepared pan. Bake for 40 to 45 minutes or until a toothpick inserted into the center comes out clean. Cool completely in the pan on a wire rack.

In a small bowl, beat the cream cheese, butter and vanilla until blended. Gradually beat in the confectioner's sugar until smooth. Spread over the cooled cake.

Refrigerate the leftovers.

Per Serving (excluding unknown items): 499 Calories; 35g Fat (62.2% calories from fat); 5g Protein; 43g Carbohydrate; 1g Dietary Fiber; 68mg Cholesterol; 275mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 6 1/2 Fat; 2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

% Calories from Fat:	62.2%
% Calories from Carbohydrates:	33.9%
% Calories from Protein:	3.9%
Total Fat (g):	35g
Saturated Fat (g):	8g
Monounsaturated Fat (g):	16g
Polyunsaturated Fat (g):	9g
Cholesterol (mg):	68mg
Carbohydrate (g):	43g
Dietary Fiber (g):	1g
Protein (g):	5g
Sodium (mg):	275mg
Potassium (mg):	78mg
Calcium (mg):	25mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	407IU
Vitamin A (r.e.):	109RE

Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	30mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	2
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	6 1/2
Other Carbohydrates:	2

Nutrition Facts

Servings per Recipe: 20

Amount Per Serving

Calories 499 Calories from Fat: 310

% Daily Values*

Total Fat 35g	54%
Saturated Fat 8g	38%
Cholesterol 68mg	23%
Sodium 275mg	11%
Total Carbohydrates 43g	14%
Dietary Fiber 1g	3%
Protein 5g	
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Vitamin A	8%
Vitamin C	0%
Calcium	3%
Iron	7%

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