

Blueberry Freezer Cake

What's Cooking II

North American Institute of Modern Cuisine

Servings: 6

*1 Orange Spongecake (see Desserts/
Cakes)*

2 ounces blueberry liqueur

*1 1/4 cups Chantilly Cream (see
Desserts/ Creams and Custards)*

3/4 cup fresh or frozen blueberries

*1 1/4 cups Chantilly Cream
fresh blueberries*

Slice the spongecake into two layers. Line the bottom of a 9-inch springform cake pan with the first layer. Moisten with one ounce of blueberry liqueur. Set aside.

In a bowl, mix 1-1/4 cups Chantilly Cream and blueberries. Spread over the first layer. Cover with the second spongecake layer. Moisten with the remaining liqueur. Seal the cake pan in plastic wrap. Freeze for at least two hours.

Remove from the freezer. Unclip the pan. Unmold the cake. Cover the top and sides with 1-1/4 cups of Chantilly Cream. Freeze for one more hour or so.

Before serving, decorate with fresh blueberries.

Per Serving (excluding unknown items): 154 Calories; 14g Fat (77.8% calories from fat); 1g Protein; 7g Carbohydrate; 0g Dietary Fiber; 50mg Cholesterol; 25mg Sodium. Exchanges: 2 1/2 Fat; 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	154	Vitamin B6 (mg):	trace
% Calories from Fat:	77.8%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	18.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	3.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	14g	Folacin (mcg):	2mcg
Saturated Fat (g):	8g	Niacin (mg):	trace
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 1g
Cholesterol (mg): 50mg
Carbohydrate (g): 7g
Dietary Fiber (g): 0g
Protein (g): 1g
Sodium (mg): 25mg
Potassium (mg): 38mg
Calcium (mg): 24mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 541IU
Vitamin A (r.e.): 155RE

Alcohol (kcal):
 % Refuse: 0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 154 **Calories from Fat:** 120

% Daily Values*

Total Fat 14g	21%
Saturated Fat 8g	42%
Cholesterol 50mg	17%
Sodium 25mg	1%
Total Carbohydrates 7g	2%
Dietary Fiber 0g	0%
Protein 1g	
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Vitamin A	11%
Vitamin C	0%
Calcium	2%
Iron	0%

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