

ButterNut Cake

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

1/2 cup shortening
1 stick margarine
2 cups sugar
5 eggs, separated
1 cup buttermilk
1 teaspoon butternut flavoring
2 cups flour
1 teaspoon soda
1 teaspoon salt
1 cup pecans, chopped
1/2 cup maraschino cherries, chopped
2 cups coconut
FROSTING
1 box powdered sugar
1 package (8 ounce) cream cheese
1 stick margarine
1/2 cup cherries, chopped
1 teaspoon butternut flavoring

Preheat the oven to 350 degrees.

In a bowl, cream the shortening, margarine and sugar. Add the egg yolks, one at a time. Add the milk and butternut flavoring. Add the flour, soda and salt. Stir in the coconut, pecans, cherries. Add the egg whites, stiffly beaten, and fold into the mixture. Pour the batter into three nine-inch cake pans.

Bake for 25 to 35 minutes or until done.

For the frosting: In a bowl, mix the powdered sugar, cream cheese, cherries, margarine and butternut flavoring to spreadable consistency. (Add more powdered sugar, if needed. May not need the entire box.)

Per Serving (excluding unknown items): 8203 Calories; 522g Fat (56.1% calories from fat); 100g Protein; 821g Carbohydrate; 32g Dietary Fiber; 1323mg Cholesterol; 5661mg Sodium. Exchanges: 14 Grain(Starch); 7 Lean Meat; 2 1/2 Fruit; 1 Non-Fat Milk; 98 1/2 Fat; 37 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	8203	Vitamin B6 (mg):	1.0mg
% Calories from Fat:	56.1%	Vitamin B12 (mcg):	5.0mcg
% Calories from Carbohydrates:	39.2%	Thiamin B1 (mg):	3.3mg
% Calories from Protein:	4.8%	Riboflavin B2 (mg):	3.6mg
Total Fat (g):	522g	Folacin (mcg):	319mcg
Saturated Fat (g):	171g	Niacin (mg):	17mg

Monounsaturated Fat (g): 214g
Polyunsaturated Fat (g): 108g
Cholesterol (mg): 1323mg
Carbohydrate (g): 821g
Dietary Fiber (g): 32g
Protein (g): 100g
Sodium (mg): 5661mg
Potassium (mg): 2605mg
Calcium (mg): 815mg
Iron (mg): 26mg
Zinc (mg): 15mg
Vitamin C (mg): 12mg
Vitamin A (i.u.): 13494IU
Vitamin A (r.e.): 3254 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 14
Lean Meat: 7
Vegetable: 0
Fruit: 2 1/2
Non-Fat Milk: 1
Fat: 98 1/2
Other Carbohydrates: 37 1/2

Nutrition Facts

Amount Per Serving

Calories 8203 **Calories from Fat:** 4598

% Daily Values*

Total Fat 522g	803%
Saturated Fat 171g	856%
Cholesterol 1323mg	441%
Sodium 5661mg	236%
Total Carbohydrates 821g	274%
Dietary Fiber 32g	129%
Protein 100g	
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Vitamin A	270%
Vitamin C	19%
Calcium	82%
Iron	147%

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