

Cape Cod Blueberry Cake

Betz Spacek

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

1 cup vegetable shortening
2 1/2 cups sugar
3 eggs
1 cup milk
5 teaspoons baking powder
1 teaspoon salt
5 cups all-purpose flour
1 1/2 to 2 pints (3 or 4 cups)
blueberries

Preheat the oven to 325 degrees.

In the large bowl of an electric mixer, cream the shortening and sugar until light and fluffy. Beat in the eggs, one at a time. Add the milk.

In a bowl, sift the baking powder, salt and flour together. Add to the batter. Mix well.

Stir in the fresh blueberries. Spread the batter in a greased and floured 15x10x2-inch baking pan. Bake for 40 to 50 minutes.

This cake can be served plain or with whipped cream.

Per Serving (excluding unknown items): 6561 Calories; 235g Fat (32.1% calories from fat); 93g Protein; 1025g Carbohydrate; 23g Dietary Fiber; 669mg Cholesterol; 4930mg Sodium. Exchanges: 31 1/2 Grain(Starch); 2 1/2 Lean Meat; 2 Fruit; 1 Non-Fat Milk; 43 1/2 Fat; 34 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	6561	Vitamin B6 (mg):	.6mg
% Calories from Fat:	32.1%	Vitamin B12 (mcg):	2.8mcg
% Calories from Carbohydrates:	62.3%	Thiamin B1 (mg):	5.2mg
% Calories from Protein:	5.6%	Riboflavin B2 (mg):	4.3mg
Total Fat (g):	235g	Folacin (mcg):	1061mcg
Saturated Fat (g):	94g	Niacin (mg):	38mg
Monounsaturated Fat (g):	100g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	28g	Alcohol (kcal):	0
Cholesterol (mg):	669mg	% Refuse:	0.0%
Carbohydrate (g):	1025g		
Dietary Fiber (g):	23g		
	93g		

Food Exchanges

Grain (Starch):	31 1/2
	2 1/2

Protein (g):
Sodium (mg): 4930mg
Potassium (mg): 1448mg
Calcium (mg): 1847mg
Iron (mg): 35mg
Zinc (mg): 7mg
Vitamin C (mg): 31mg
Vitamin A (i.u.): 1257IU
Vitamin A (r.e.): 324 1/2RE

Lean Meat:
Vegetable: 0
Fruit: 2
Non-Fat Milk: 1
Fat: 43 1/2
Other Carbohydrates: 34

Nutrition Facts

Amount Per Serving

Calories 6561 **Calories from Fat:** 2106

% Daily Values*

Total Fat 235g	362%
Saturated Fat 94g	472%
Cholesterol 669mg	223%
Sodium 4930mg	205%
Total Carbohydrates 1025g	342%
Dietary Fiber 23g	91%
Protein 93g	
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Vitamin A	25%
Vitamin C	51%
Calcium	185%
Iron	195%

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