

# Chocolate Pistachio Cake

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

1 yellow cake mix  
4 eggs  
3/4 cup vegetable oil  
1 cup sour cream  
1 package instant pistachio pudding mix  
1 cup Hershey's chocolate syrup

Preheat the oven to 350 degrees.

In a bowl, combine the cake mix, eggs, oil, sour cream and pudding mix. Beat about 2 minutes.

Place one-quarter or less of the batter into another bowl. Add the Hershey's syrup. Combine.

Pour the remaining three-quarters of the batter into a greased tube pan. Swirl the chocolate batter through the batter in the tube pan.

Bake for 40 to 50 minutes.

Dust with powdered sugar; no icing is required.

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Per Serving (excluding unknown items): 4469 Calories; 292g Fat (58.2% calories from fat); 55g Protein; 415g Carbohydrate; 6g Dietary Fiber; 960mg Cholesterol; 3802mg Sodium. Exchanges: 3 Lean Meat; 1/2 Non-Fat Milk; 56 1/2 Fat; 27 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	4469	<b>Vitamin B6 (mg):</b>	.7mg
<b>% Calories from Fat:</b>	58.2%	<b>Vitamin B12 (mcg):</b>	3.8mcg
<b>% Calories from Carbohydrates:</b>	36.9%	<b>Thiamin B1 (mg):</b>	1.2mg
<b>% Calories from Protein:</b>	4.9%	<b>Riboflavin B2 (mg):</b>	2.3mg
<b>Total Fat (g):</b>	292g	<b>Folacin (mcg):</b>	462mcg
<b>Saturated Fat (g):</b>	64g	<b>Niacin (mg):</b>	9mg
<b>Monounsaturated Fat (g):</b>	143g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	62g	<b>Alcohol (kcal):</b>	0

Cholesterol (mg):	960mg
Carbohydrate (g):	415g
Dietary Fiber (g):	6g
Protein (g):	55g
Sodium (mg):	3802mg
Potassium (mg):	1023mg
Calcium (mg):	1070mg
Iron (mg):	12mg
Zinc (mg):	4mg
Vitamin C (mg):	3mg
Vitamin A (i.u.):	2798IU
Vitamin A (r.e.):	825 1/2RE

**% Refuse:** 0.0%

### Food Exchanges

Grain (Starch):	0
Lean Meat:	3
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	56 1/2
Other Carbohydrates:	27

## Nutrition Facts

### Amount Per Serving

**Calories** 4469                      **Calories from Fat:** 2602

### % Daily Values\*

<b>Total Fat</b> 292g	449%
Saturated Fat 64g	321%
<b>Cholesterol</b> 960mg	320%
<b>Sodium</b> 3802mg	158%
<b>Total Carbohydrates</b> 415g	138%
Dietary Fiber 6g	23%
<b>Protein</b> 55g	
<b>Vitamin A</b>	56%
<b>Vitamin C</b>	5%
<b>Calcium</b>	107%
<b>Iron</b>	64%

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