

Coconut Blueberry Cake

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

Servings: 12

*2 cups all-purpose flour
1 cup sugar
3 teaspoons baking powder
1/4 teaspoon salt
2 eggs
1 cup milk
1/2 cup vegetable oil
1 1/2 cups fresh or frozen (not
thawed) blueberries
1 cup flaked coconut
SAUCE
1/2 cup sugar
4 1/2 teaspoons cornstarch
1 teaspoon grated lemon peel
1 cup water
1 tablespoon butter
2 tablespoons lemon juice*

Preheat the oven to 375 degrees.

For the cake: In a bowl, combine the flour, sugar, baking powder and salt.

In a bowl, beat the eggs, milk, and oil. Stir into the flour mixture just until moistened. Fold in the blueberries. Transfer the batter to a greased 13x9-inch baking dish. Sprinkle with the coconut.

Bake for 22 to 24 minutes or until a toothpick inserted near the center of the cake comes out clean.

Cool on a wire rack.

For the sauce: In a small saucepan, combine the sugar, cornstarch and lemon peel. Gradually add water until blended. Bring to a boil. Cook and stir for 2 minutes until thickened. Remove from the heat.

Stir in the butter and lemon juice.

Cut the cake into squares. Drizzle with the lemon sauce.

Per Serving (excluding unknown items): 291 Calories; 12g Fat (35.9% calories from fat); 4g Protein; 43g Carbohydrate; 1g Dietary Fiber; 41mg Cholesterol; 199mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 2 Fat; 1 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	291	Vitamin B6 (mg):	trace
% Calories from Fat:	35.9%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	58.8%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	5.3%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	12g	Folacin (mcg):	37mcg
Saturated Fat (g):	2g	Niacin (mg):	1mg
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	41mg	% Refuse:	n n%
Carbohydrate (g):	43g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	1
Protein (g):	4g	Lean Meat:	0
Sodium (mg):	199mg	Vegetable:	0
Potassium (mg):	69mg	Fruit:	0
Calcium (mg):	101mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	2
Zinc (mg):	trace	Other Carbohydrates:	1 1/2
Vitamin C (mg):	2mg		
Vitamin A (i.u.):	103IU		
Vitamin A (r.e.):	28 1/2RE		

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 291 **Calories from Fat:** 105

% Daily Values*

Total Fat 12g	18%
Saturated Fat 2g	12%
Cholesterol 41mg	14%
Sodium 199mg	8%
Total Carbohydrates 43g	14%
Dietary Fiber 1g	2%
Protein 4g	
Vitamin A	2%
Vitamin C	3%
Calcium	10%
Iron	7%

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