

# Coconut Pound Cake II

Mrs. John S. Campbell

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

6 eggs  
1 cup shortening  
1/2 cup margarine  
3 cups sugar  
1/2 teaspoon almond extract  
1/2 teaspoon coconut extract  
3 cups sifted cake flour  
1 cup milk  
2 cups flaked coconut

Separate the eggs and allow them to reach room temperature.

Preheat the oven to 300 degrees.

In a bowl, cream the egg yolks, shortening and margarine at high speed. Gradually add the sugar. Add the almond extract and coconut extract.

With an electric mixer on low speed, beat in the flour and milk, alternately, beginning and ending with flour.

Add the coconut. In a bowl, beat the egg whites until stiff peaks form. Gently fold into the cake batter. Pour the batter into a greased ten-inch tube or bundt pan.

Bake for two hours or until done.

Cool for 15 minutes and remove from the pan.

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Per Serving (excluding unknown items): 6727 Calories; 337g Fat (44.6% calories from fat); 74g Protein; 869g Carbohydrate; 2g Dietary Fiber; 1305mg Cholesterol; 1618mg Sodium. Exchanges: 5 Lean Meat; 1 Non-Fat Milk; 63 Fat; 57 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	6727	Vitamin B6 (mg):	.6mg
% Calories from Fat:	44.6%	Vitamin B12 (mcg):	4.9mcg

**% Calories from Carbohydrates:** 51.1%  
**% Calories from Protein:** 4.3%  
**Total Fat (g):** 337g  
**Saturated Fat (g):** 82g  
**Monounsaturated Fat (g):** 149g  
**Polyunsaturated Fat (g):** 86g  
**Cholesterol (mg):** 1305mg  
**Carbohydrate (g):** 869g  
**Dietary Fiber (g):** 2g  
**Protein (g):** 74g  
**Sodium (mg):** 1618mg  
**Potassium (mg):** 1175mg  
**Calcium (mg):** 533mg  
**Iron (mg):** 30mg  
**Zinc (mg):** 6mg  
**Vitamin C (mg):** 2mg  
**Vitamin A (i.u.):** 5807IU  
**Vitamin A (r.e.):** 1415 1/2RE

**Thiamin B1 (mg):** 3.3mg  
**Riboflavin B2 (mg):** 3.3mg  
**Folacin (mcg):** 220mcg  
**Niacin (mg):** 23mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 3  
**% Refused:** 0.0%

### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 5  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 1  
**Fat:** 63  
**Other Carbohydrates:** 57

## Nutrition Facts

### Amount Per Serving

**Calories** 6727                      **Calories from Fat:** 2997

### % Daily Values\*

<b>Total Fat</b>	337g	518%
Saturated Fat	82g	409%
<b>Cholesterol</b>	1305mg	435%
<b>Sodium</b>	1618mg	67%
<b>Total Carbohydrates</b>	869g	290%
Dietary Fiber	2g	8%
<b>Protein</b>	74g	
<b>Vitamin A</b>		116%
<b>Vitamin C</b>		4%
<b>Calcium</b>		53%
<b>Iron</b>		166%

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