

Crazy Cake

Ruth M Mullen - West Palm Beach, FL

1 1/2 cups flour
1 cup sugar
1 teaspoon baking soda
1/2 teaspoon salt
3 tablespoons cocoa, heaping
1 tablespoon vinegar
5 tablespoons salad oil
1 teaspoon vanilla
1 cup water
1 box confectioner's sugar (for icing)
1 stick butter or margarine (for icing)
1 teaspoon vanilla (for icing)
2 teaspoons cocoa (for icing)
few drips milk (for icing)

Sift flour, sugar, baking soda, salt and 3 tablespoons cocoa into bowl.

Add Vinegar, salad oil, 1 teaspoon vanilla and water. Mix thoroughly.

Pour into UNGREASED pan

Bake at 350 degrees for 30-40 minutes or until done. Cake is done when toothpick comes out clean.

While cake is baking, mix confectioner's sugar, melted margarine, 1 teaspoon vanilla and 2 teaspoons cocoa. Mix thoroughly. Add drips of milk as necessary to smooth icing.

Spread icing evenly across surface of cake.

Per Serving (excluding unknown items): 2073 Calories; 70g Fat (30.2% calories from fat); 19g Protein; 345g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 2337mg Sodium. Exchanges: 9 1/2 Grain(Starch); 13 1/2 Fat; 13 1/2 Other Carbohydrates.

Cakes

Per Serving Nutritional Analysis

Calories (kcal):	2073	Vitamin B6 (mg):	.1mg
% Calories from Fat:	30.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	66.1%	Thiamin B1 (mg):	1.5mg
% Calories from Protein:	3.7%	Riboflavin B2 (mg):	.9mg
Total Fat (g):	70g	Folacin (mcg):	49mcg
Saturated Fat (g):	8g	Niacin (mg):	11mg
Monounsaturated Fat (g):	40g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 15g
Cholesterol (mg): 0mg
Carbohydrate (g): 345g
Dietary Fiber (g): 5g
Protein (g): 19g
Sodium (mg): 2337mg
Potassium (mg): 220mg
Calcium (mg): 43mg
Iron (mg): 9mg
Zinc (mg): 1mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Alcohol (kcal): 13
% Refuse: 00%

Food Exchanges

Grain (Starch): 9 1/2
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 13 1/2
Other Carbohydrates: 13 1/2

Nutrition Facts

Amount Per Serving

Calories 2073 **Calories from Fat:** 625

% Daily Values*

Total Fat 70g	108%
Saturated Fat 8g	41%
Cholesterol 0mg	0%
Sodium 2337mg	97%
Total Carbohydrates 345g	115%
Dietary Fiber 5g	22%
Protein 19g	
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Vitamin A	0%
Vitamin C	0%
Calcium	4%
Iron	50%

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