

# Dessert from Wildermere Island Club, Eleuthera, Bahamas

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Lacare Art League - Hammond, IN (1986)

## Servings: 12

2 loaf pound cakes

1 package lemon pie filling mix

1 small can mandarin oranges,  
drained

1 small can pineapple chunks,  
drained

1 large container whipped topping

1 cup dates (optional)

1 cup coconut (optional)

1 cup small marshmallows (optional)

Slice each cake into three layers.

Prepare the lemon pie filling mix according to package directions.

Mix the fruit and the optionals into one cup of whipped topping.

On a platter place two slices of the pound cake side by side and spread with the lemon filling.

Place a second layer of cake over this. Cover with the cream and fruit mixture. Place the third layer of cake on top and frost with the remaining whipped topping. (Delay adding the whipped topping frosting until just prior to serving.

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Per Serving (excluding unknown items): 23 Calories; 2g Fat (60.5% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	23	Vitamin B6 (mg):	trace
% Calories from Fat:	60.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	37.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	2g	Folacin (mcg):	1mcg
	1g	Niacin (mg):	trace

<b>Saturated Fat (g):</b>	
<b>Monounsaturated Fat (g):</b>	trace
<b>Polyunsaturated Fat (g):</b>	trace
<b>Cholesterol (mg):</b>	0mg
<b>Carbohydrate (g):</b>	2g
<b>Dietary Fiber (g):</b>	trace
<b>Protein (g):</b>	trace
<b>Sodium (mg):</b>	2mg
<b>Potassium (mg):</b>	12mg
<b>Calcium (mg):</b>	1mg
<b>Iron (mg):</b>	trace
<b>Zinc (mg):</b>	trace
<b>Vitamin C (mg):</b>	2mg
<b>Vitamin A (i.u.):</b>	118IU
<b>Vitamin A (r.e.):</b>	12RE

<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	0
<b>% Refuse:</b>	n n%

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### Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	1/2
<b>Other Carbohydrates:</b>	0

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## Nutrition Facts

Servings per Recipe: 12

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### Amount Per Serving

**Calories** 23 Calories from Fat: 14

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#### % Daily Values\*

<b>Total Fat</b> 2g	2%
Saturated Fat 1g	7%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 2mg	0%
<b>Total Carbohydrates</b> 2g	1%
Dietary Fiber trace	1%
<b>Protein</b> trace	
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<b>Vitamin A</b>	2%
<b>Vitamin C</b>	4%
<b>Calcium</b>	0%
<b>Iron</b>	0%

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