

Freezer Cake

What's Cooking II

North American Institute of Modern Cuisine

Servings: 6

*1 Orange Spongecake (see Desserts/
Cakes)*

2 ounces orange liqueur

*1 1/4 cups Chantilly Cream (see
Desserts/ Creams and Custards)*

*3/4 cup oranges, peeled, pith removed
and sectioned*

*1 1/4 cups Chantilly Cream
orange slices and peel*

Slice the spongecake into two layers. Line the bottom of a 9-inch springform cake pan with the first layer. Moisten with one ounce of orange liqueur. Set aside.

In a bowl, mix 1-1/4 cups Chantilly Cream and oranges. Spread over the first layer. Cover with the second spongecake layer. Moisten with the remaining liqueur. Seal the cake pan in plastic wrap. Freeze for at least two hours.

Remove from the freezer. Unclip the pan. Unmold the cake. Cover the top and sides with 1-1/4 cups of Chantilly Cream. Freeze for one more hour or so.

Before serving, decorate with the orange slices and peel.

Per Serving (excluding unknown items): 194 Calories; 14g Fat (68.3% calories from fat); 2g Protein; 13g Carbohydrate; 1g Dietary Fiber; 50mg Cholesterol; 25mg Sodium. Exchanges: 0 Fruit; 2 1/2 Fat; 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	194	Vitamin B6 (mg):	trace
% Calories from Fat:	68.3%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	28.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	3.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	14g	Folacin (mcg):	8mcg
Saturated Fat (g):	8g	Niacin (mg):	trace
			0mg

Monounsaturated Fat (g): 4g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 50mg
Carbohydrate (g): 13g
Dietary Fiber (g): 1g
Protein (g): 2g
Sodium (mg): 25mg
Potassium (mg): 78mg
Calcium (mg): 33mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 12mg
Vitamin A (i.u.): 587IU
Vitamin A (r.e.): 159 1/2RE

Caffeine (mg):
Alcohol (kcal): 29
% Refused: n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 194 **Calories from Fat:** 132

% Daily Values*

Total Fat 14g	21%
Saturated Fat 8g	42%
Cholesterol 50mg	17%
Sodium 25mg	1%
Total Carbohydrates 13g	4%
Dietary Fiber 1g	2%
Protein 2g	
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Vitamin A	12%
Vitamin C	20%
Calcium	3%
Iron	0%

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