

Grandma Bess' Applesauce Cake

Mrs. Eugene H. Owen

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

3 1/2 cups cake flour
2 teaspoons baking soda
1/2 teaspoon salt
3 teaspoons cinnamon
2 teaspoons allspice
2 teaspoons nutmeg
1/2 teaspoon cloves
1 cup black walnut pieces
1/2 to 3/4 cup chopped raisins
1 cup shortening
2 cups sugar
2 eggs, beaten
2 cups applesauce

Preheat the oven to 350 degrees.

In a bowl, sift together, twice, the flour, baking soda, salt, cinnamon, allspice, nutmeg and cloves. Place one-quarter of this flour mixture in another bowl. Stir in the walnuts and raisins. Set aside.

In a large bowl, cream the shortening. Add the sugar gradually. Cream well. Add the beaten eggs. Mix well.

Add the flour mixture alternately with the applesauce. Stir in the nuts and raisins.

Pour the mixture into a greased and floured angel food cake pan.

Bake for about one hour and 15 minutes.

Cool completely before removing from the pan.

Per Serving (excluding unknown items): 5333 Calories; 222g Fat (36.8% calories from fat); 46g Protein; 811g Carbohydrate; 14g Dietary Fiber; 424mg Cholesterol; 3758mg Sodium. Exchanges: 21 1/2 Grain(Starch); 1 1/2 Lean Meat; 6 1/2 Fruit; 42 1/2 Fat; 27 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	5333	Vitamin B6 (mg):	.4mg
% Calories from Fat:	36.8%	Vitamin B12 (mcg):	1.3mcg
% Calories from Carbohydrates:	59.8%	Thiamin B1 (mg):	2.1mg

% Calories from Protein:	3.4%
Total Fat (g):	222g
Saturated Fat (g):	56g
Monounsaturated Fat (g):	95g
Polyunsaturated Fat (g):	57g
Cholesterol (mg):	424mg
Carbohydrate (g):	811g
Dietary Fiber (g):	14g
Protein (g):	46g
Sodium (mg):	3758mg
Potassium (mg):	958mg
Calcium (mg):	262mg
Iron (mg):	35mg
Zinc (mg):	4mg
Vitamin C (mg):	13mg
Vitamin A (i.u.):	594IU
Vitamin A (r.e.):	150RE

Riboflavin B2 (mg):	1.7mg
Folacin (mcg):	132mcg
Niacin (mg):	20mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	21 1/2
Lean Meat:	1 1/2
Vegetable:	0
Fruit:	6 1/2
Non-Fat Milk:	0
Fat:	42 1/2
Other Carbohydrates:	27

Nutrition Facts

Amount Per Serving

Calories 5333 Calories from Fat: 1962

% Daily Values*

Total Fat 222g	341%
Saturated Fat 56g	282%
Cholesterol 424mg	141%
Sodium 3758mg	157%
Total Carbohydrates 811g	270%
Dietary Fiber 14g	56%
Protein 46g	
Vitamin A	12%
Vitamin C	22%
Calcium	26%
Iron	194%

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