

Harvey Wallbanger Cake

Mrs. H. P. Breazeale Jr

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

CAKE

1 package orange cake mix
1 package (3-3/4 ounce) instant
vanilla pudding
1/2 cup oil
4 eggs
1/4 cup Galliano liqueur
1/4 cup vodka
3/4 cup orange juice

FROSTING

1 cup powdered sugar
1 tablespoon orange juice
1 tablespoon Galliano liqueur
1 tablespoon vodka

Preheat the oven to 325 degrees.

In a bowl, blend the cake mix, pudding, oil, eggs, Galliano, vodka and orange juice. Mix with an electric mixer on medium speed for 5 minutes.

Pour the mixture into a greased (use unsalted shortening) bundt pan or tube pan.

Bake for one hour or until done.

Make the frosting: In a bowl, sift the powdered sugar. Blend the orange juice, Galliano and vodka in thoroughly.

Drizzle the frosting over the cake while hot. The cake remains moist for days.

Per Serving (excluding unknown items): 1978 Calories; 129g Fat (63.3% calories from fat); 27g Protein; 142g Carbohydrate; trace Dietary Fiber; 848mg Cholesterol; 284mg Sodium. Exchanges: 3 Lean Meat; 1 1/2 Fruit; 23 1/2 Fat; 8 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1978	Vitamin B6 (mg):	.4mg
% Calories from Fat:	63.3%	Vitamin B12 (mcg):	2.6mcg
% Calories from Carbohydrates:	30.9%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	5.8%	Riboflavin B2 (mg):	1.0mg
Total Fat (g):	129g	Folacin (mcg):	207mcg
Saturated Fat (g):	19g	Niacin (mg):	1mg
Monounsaturated Fat (g):	72g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 26g
Cholesterol (mg): 848mg
Carbohydrate (g): 142g
Dietary Fiber (g): trace
Protein (g): 27g
Sodium (mg): 284mg
Potassium (mg): 676mg
Calcium (mg): 127mg
Iron (mg): 4mg
Zinc (mg): 2mg
Vitamin C (mg): 101mg
Vitamin A (i.u.): 1379IU
Vitamin A (r.e.): 381RE

Alcohol (kcal): 161
% Refuse: 0.0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 3
Vegetable: 0
Fruit: 1 1/2
Non-Fat Milk: 0
Fat: 23 1/2
Other Carbohydrates: 8

Nutrition Facts

Amount Per Serving

Calories 1978 **Calories from Fat:** 1253

% Daily Values*

Total Fat	129g	199%
Saturated Fat	19g	94%
Cholesterol	848mg	283%
Sodium	284mg	12%
Total Carbohydrates	142g	47%
Dietary Fiber	trace	2%
Protein	27g	
Vitamin A		28%
Vitamin C		168%
Calcium		13%
Iron		23%

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