

# Hermit Cake

*Bernice Magoulas  
Gourmet Eating in South Carolina - (1985)*

*1 pound butter  
3 cups light brown sugar, packed  
6 eggs  
4 cups flour  
2 teaspoons baking powder  
2 cups pecans, chopped  
1 cup flour.  
1/2 pound candied cherries  
1 pound dates, chopped  
juice of one lemon  
4 teaspoons vanilla  
1 teaspoon cinnamon*

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Preheat the oven to 275 degrees.

In a bowl, cream the butter, flour and baking powder.

In a bowl, beat the eggs, vanilla and sugar. Add to the flour mixture.

In a bowl, place one cup of flour. Add the pecans, cherries and dates. Toss to coat. Add to the flour mixture.

Add the lemon juice.

Pour the mixture into a greased tube pan.

Bake for two and one-half hours.

(A favorite Christmas cake.)

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Per Serving (excluding unknown items): 10043 Calories; 551g Fat (48.0% calories from fat); 118g Protein; 1223g Carbohydrate; 65g Dietary Fiber; 2266mg Cholesterol; 5448mg Sodium. Exchanges: 27 1/2 Grain(Starch); 6 Lean Meat; 19 Fruit; 104 Fat; 32 1/2 Other Carbohydrates.

## Desserts

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	10043	<b>Vitamin B6 (mg):</b>	1.6mg
<b>% Calories from Fat:</b>	48.0%	<b>Vitamin B12 (mcg):</b>	4.5mcg
<b>% Calories from Carbohydrates:</b>	47.4%	<b>Thiamin B1 (mg):</b>	6.0mg
<b>% Calories from Protein:</b>	4.6%	<b>Riboflavin B2 (mg):</b>	4.3mg
<b>Total Fat (g):</b>	551g	<b>Folacin (mcg):</b>	428mcg

**Saturated Fat (g):** 252g  
**Monounsaturated Fat (g):** 210g  
**Polyunsaturated Fat (g):** 56g  
**Cholesterol (mg):** 2266mg  
**Carbohydrate (g):** 1223g  
**Dietary Fiber (g):** 65g  
**Protein (g):** 118g  
**Sodium (mg):** 5448mg  
**Potassium (mg):** 6370mg  
**Calcium (mg):** 1520mg  
**Iron (mg):** 49mg  
**Zinc (mg):** 21mg  
**Vitamin C (mg):** 5mg  
**Vitamin A (i.u.):** 15834IU  
**Vitamin A (r.e.):** 3905 1/2RE

**Niacin (mg):** 41mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 50  
**% Refused:** n n%

### Food Exchanges

**Grain (Starch):** 27 1/2  
**Lean Meat:** 6  
**Vegetable:** 0  
**Fruit:** 19  
**Non-Fat Milk:** 0  
**Fat:** 104  
**Other Carbohydrates:** 32 1/2

## Nutrition Facts

### Amount Per Serving

**Calories** 10043                      **Calories from Fat:** 4824

### % Daily Values\*

<b>Total Fat</b>	551g	848%
Saturated Fat	252g	1258%
<b>Cholesterol</b>	2266mg	755%
<b>Sodium</b>	5448mg	227%
<b>Total Carbohydrates</b>	1223g	408%
Dietary Fiber	65g	259%
<b>Protein</b>	118g	
<b>Vitamin A</b>		317%
<b>Vitamin C</b>		8%
<b>Calcium</b>		152%
<b>Iron</b>		274%

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