

Honey Cake

Sandra Katz

Gourmet Eating in South Carolina - (1985)

2 eggs
3/4 cup honey
1 cup sugar
1/2 cup oil
1 teaspoon baking soda
1 teaspoon baking powder (omit if using self-rising flour)
1 teaspoon cinnamon
1/2 teaspoon ginger
1/2 teaspoon nutmeg
1/2 teaspoon cloves
1/2 cup nuts
1/2 cup raisins
1 cup strong coffee
2 1/2 cups sifted flour
Glaze
confectioner's sugar
orange juice

Preheat the oven to 375 degrees.

In a large bowl, combine all of the ingredients. Beat for 5 minutes.

Pour the batter into a greased angel food cake pan.

Bake for one hour or until done. (Do not open oven door while baking.)

Make the glaze: In a bowl, combine some confectioner's sugar with orange juice to make a thick glaze. Drizzle over the cooled cake.

Per Serving (excluding unknown items): 4382 Calories; 163g Fat (32.4% calories from fat); 58g Protein; 707g Carbohydrate; 20g Dietary Fiber; 424mg Cholesterol; 1924mg Sodium. Exchanges: 15 1/2 Grain(Starch); 3 Lean Meat; 4 Fruit; 30 Fat; 27 1/2 Other Carbohydrates.

Copyright: Hope Center for the Retarded, Inc. - Charleston, SC

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	4382	Vitamin B6 (mg):	.7mg
% Calories from Fat:	32.4%	Vitamin B12 (mcg):	1.3mcg
% Calories from Carbohydrates:	62.5%	Thiamin B1 (mg):	2.8mg
% Calories from Protein:	5.1%	Riboflavin B2 (mg):	2.2mg

Total Fat (g): 163g
Saturated Fat (g): 23g
Monounsaturated Fat (g): 91g
Polyunsaturated Fat (g): 35g
Cholesterol (mg): 424mg
Carbohydrate (g): 707g
Dietary Fiber (g): 20g
Protein (g): 58g
Sodium (mg): 1924mg
Potassium (mg): 1575mg
Calcium (mg): 533mg
Iron (mg): 22mg
Zinc (mg): 8mg
Vitamin C (mg): 6mg
Vitamin A (i.u.): 522IU
Vitamin A (r.e.): 143 1/2RE

Folacin (mcg): 192mcg
Niacin (mg): 22mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 15 1/2
Lean Meat: 3
Vegetable: 0
Fruit: 4
Non-Fat Milk: 0
Fat: 30
Other Carbohydrates: 27 1/2

Nutrition Facts

Amount Per Serving

Calories 4382 **Calories from Fat:** 1420

% Daily Values*

Total Fat	163g	251%
Saturated Fat	23g	114%
Cholesterol	424mg	141%
Sodium	1924mg	80%
Total Carbohydrates	707g	236%
Dietary Fiber	20g	81%
Protein	58g	
Vitamin A		10%
Vitamin C		9%
Calcium		53%
Iron		121%

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