

# Hummingbird Cake

Sara F Patterson, Nancy F Holley & Cleo F Long  
Three Sisters Cookbook - Alexander City, AL

- 3 cups all-purpose flour
  - 1 teaspoon baking soda
  - 1 teaspoon ground cinnamon
  - 1 cup vegetable oil
  - 1 can (8 ounce) crushed pineapple, undrained
  - 2 cups sugar
  - 1 teaspoon salt
  - 3 eggs, beaten
  - 1 1/2 teaspoons vanilla
  - 1 cup pecans, chopped
  - 2 cups bananas, chopped
- FROSTING**
- 1 package (8 ounce) cream cheese, softened
  - 1 package (16 ounce) powdered sugar, sifted
  - 1/2 cup butter or margarine, softened
  - 1/2 cup pecans, chopped
  - 1 teaspoon vanilla

Preheat the oven to 350 degrees.

In a large mixing bowl, combine the flour, sugar, baking soda, salt and cinnamon. Add the eggs and oil, stirring until the dry ingredients are moistened. **DO NOT BEAT.** Stir in the vanilla, pineapple, one cup of the pecans and the bananas. Spoon the batter into three greased and floured nine-inch round cake pans.

Bake for 25 to 30 minutes or until a tester inserted in the center comes out clean. Cool in the pans for 10 minutes. Remove from the pans and cool completely.

For the frosting: In a bowl, combine the cream cheese and butter, beating until smooth. Add the powdered sugar and vanilla. Beat until light and fluffy. Spread the frosting between the layers and on the top and sides of the cake. Sprinkle pecans on top.

---

Per Serving (excluding unknown items): 8845 Calories; 522g Fat (51.9% calories from fat); 95g Protein; 995g Carbohydrate; 36g Dietary Fiber; 1139mg Cholesterol; 5245mg Sodium. Exchanges: 21 Grain(Starch); 6 Lean Meat; 9 1/2 Fruit; 99 Fat; 35 Other Carbohydrates.

## Desserts

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	8845	<b>Vitamin B6 (mg):</b>	3.6mg
<b>% Calories from Fat:</b>	51.9%	<b>Vitamin B12 (mcg):</b>	3.1mcg
<b>% Calories from Carbohydrates:</b>	44.0%	<b>Thiamin B1 (mg):</b>	4.9mg
			3.8mg

% Calories from Protein: 4.2%  
 Total Fat (g): 522g  
 Saturated Fat (g): 148g  
 Monounsaturated Fat (g): 253g  
 Polyunsaturated Fat (g): 84g  
 Cholesterol (mg): 1139mg  
 Carbohydrate (g): 995g  
 Dietary Fiber (g): 36g  
 Protein (g): 95g  
 Sodium (mg): 5245mg  
 Potassium (mg): 3703mg  
 Calcium (mg): 515mg  
 Iron (mg): 30mg  
 Zinc (mg): 16mg  
 Vitamin C (mg): 70mg  
 Vitamin A (i.u.): 8193IU  
 Vitamin A (r.e.): 2134RE

Riboflavin B2 (mg):  
 Folacin (mcg): 848mcg  
 Niacin (mg): 27mg  
 Caffeine (mg): 0mg  
 Alcohol (kcal): 31  
 % Refuse: n n%

### Food Exchanges

Grain (Starch): 21  
 Lean Meat: 6  
 Vegetable: 0  
 Fruit: 9 1/2  
 Non-Fat Milk: 0  
 Fat: 99  
 Other Carbohydrates: 35

## Nutrition Facts

### Amount Per Serving

**Calories** 8845 Calories from Fat: 4588

### % Daily Values\*

<b>Total Fat</b>	522g	802%
Saturated Fat	148g	742%
<b>Cholesterol</b>	1139mg	380%
<b>Sodium</b>	5245mg	219%
<b>Total Carbohydrates</b>	995g	332%
Dietary Fiber	36g	146%
<b>Protein</b>	95g	
<b>Vitamin A</b>		164%
<b>Vitamin C</b>		116%
<b>Calcium</b>		51%
<b>Iron</b>		166%

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