

Joyce's Sour Cream Coffee Cake

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

1 box yellow cake mix
1 carton (8 ounce) sour cream
1/2 cup cooking oil
4 eggs
1/2 cup sugar
1 tablespoon vanilla
1 cup pecans, chopped
2 tablespoons sugar
1 teaspoon cinnamon

Preheat the oven to 350 degrees.

In a bowl, mix well the cake mix, sour cream, cooking oil, eggs, sugar and vanilla. Add the pecans and mix.

Pour half of the mixture into a greased tube pan.

In a bowl, mix the sugar and cinnamon. Spoon the mixture over the batter in the pan.

Pour in the remaining batter.

Bake for 50 to 60 minutes.

Per Serving (excluding unknown items): 5235 Calories; 310g Fat (52.6% calories from fat); 64g Protein; 566g Carbohydrate; 15g Dietary Fiber; 960mg Cholesterol; 3805mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Non-Fat Milk; 59 1/2 Fat; 35 1/2 Other Carbohydrates.

Miscellaneous

Per Serving Nutritional Analysis

Calories (kcal):	5235	Vitamin B6 (mg):	.9mg
% Calories from Fat:	52.6%	Vitamin B12 (mcg):	3.8mcg
% Calories from Carbohydrates:	42.6%	Thiamin B1 (mg):	2.1mg
% Calories from Protein:	4.8%	Riboflavin B2 (mg):	2.5mg
Total Fat (g):	310g	Folacin (mcg):	505mcg
Saturated Fat (g):	65g	Niacin (mg):	10mg
Monounsaturated Fat (g):	118g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	110g	Alcohol (kcal):	38
Cholesterol (mg):	960mg	% Refused:	0.0%
	566g		

Food Exchanges

Carbohydrate (g):
Dietary Fiber (g): 15g
Protein (g): 64g
Sodium (mg): 3805mg
Potassium (mg): 1461mg
Calcium (mg): 1138mg
Iron (mg): 15mg
Zinc (mg): 10mg
Vitamin C (mg): 6mg
Vitamin A (i.u.): 2942IU
Vitamin A (r.e.): 840RE

Grain (Starch): 1 1/2
Lean Meat: 3 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1/2
Fat: 59 1/2
Other Carbohydrates: 35 1/2

Nutrition Facts

Amount Per Serving

Calories 5235 **Calories from Fat:** 2753

% Daily Values*

Total Fat 310g	477%
Saturated Fat 65g	326%
Cholesterol 960mg	320%
Sodium 3805mg	159%
Total Carbohydrates 566g	189%
Dietary Fiber 15g	60%
Protein 64g	
<hr/>	
Vitamin A	59%
Vitamin C	10%
Calcium	114%
Iron	82%

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