

King's Mountain Pound Cake

Gourmet Eating in South Carolina - (1985)

2 sticks real butter, softened
2 cups sifted sugar
6 eggs, room temperature
3 cups flour
1/4 teaspoon baking soda
1/2 pint sour cream
4 tablespoons light rum

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Preheat the oven to 300 degrees.

In a bowl, cream the butter and sugar. Add the eggs, one at a time, beating well after each addition.

In a bowl, sift the flour and soda. Add to the egg mixture alternately with the sour cream, beginning and ending with the flour mixture. Mix well.

Add the rum and mix well.

Pour the batter into a well buttered and floured tube pan.

Bake for one and one-half hours. (Do not open the oven for the first hour.)

Per Serving (excluding unknown items): 2430 Calories; 82g Fat (32.5% calories from fat); 84g Protein; 298g Carbohydrate; 11g Dietary Fiber; 1374mg Cholesterol; 865mg Sodium. Exchanges: 19 Grain(Starch); 5 Lean Meat; 1/2 Non-Fat Milk; 12 Fat.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	2430	Vitamin B6 (mg):	.6mg
% Calories from Fat:	32.5%	Vitamin B12 (mcg):	4.6mcg
% Calories from Carbohydrates:	52.7%	Thiamin B1 (mg):	3.3mg
% Calories from Protein:	14.8%	Riboflavin B2 (mg):	3.6mg
Total Fat (g):	82g	Folacin (mcg):	266mcg
Saturated Fat (g):	40g	Niacin (mg):	23mg
Monounsaturated Fat (g):	26g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 7g
Cholesterol (mg): 1374mg
Carbohydrate (g): 298g
Dietary Fiber (g): 11g
Protein (g): 84g
Sodium (mg): 865mg
Potassium (mg): 1136mg
Calcium (mg): 480mg
Iron (mg): 23mg
Zinc (mg): 7mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 3281IU
Vitamin A (r.e.): 965RE

Alcohol (kcal): 128
% Refuse: 0.00%

Food Exchanges

Grain (Starch): 19
Lean Meat: 5
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1/2
Fat: 12
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2430 **Calories from Fat:** 789

% Daily Values*

Total Fat 82g	126%
Saturated Fat 40g	199%
Cholesterol 1374mg	458%
Sodium 865mg	36%
Total Carbohydrates 298g	99%
Dietary Fiber 11g	43%
Protein 84g	
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Vitamin A	66%
Vitamin C	3%
Calcium	48%
Iron	128%

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