

Lake City Nut Cake

Bernice Magoulas

Gourmet Eating in South Carolina - (1985)

12 egg whites
1/2 teaspoon salt
3 1/2 cups confectioner's sugar
12 egg yolks
3 cups grated nuts

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Preheat the oven to 350 degrees.

In a bowl, beat the egg whites and salt until foamy. Add the confectioner's sugar. Continue to beat until stiff, but not dry.

In a bowl, beat the egg yolks until very thick and lemon colored. Fold, very carefully, into the whites mixture. Gently fold in the nuts.

Pour the batter into an ungreased ten-inch tube pan.

Bake for 50 minutes.

Remove from the oven and invert the pan to cool thoroughly before removing the cake from the pan.

Per Serving (excluding unknown items): 2547 Calories; 62g Fat (21.7% calories from fat); 75g Protein; 425g Carbohydrate; 0g Dietary Fiber; 2552mg Cholesterol; 1813mg Sodium. Exchanges: 9 Lean Meat; 9 Fat; 28 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	2547	Vitamin B6 (mg):	.7mg
% Calories from Fat:	21.7%	Vitamin B12 (mcg):	6.8mcg
% Calories from Carbohydrates:	66.5%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	11.8%	Riboflavin B2 (mg):	3.0mg
Total Fat (g):	62g	Folacin (mcg):	303mcg
Saturated Fat (g):	19g	Niacin (mg):	trace

Monounsaturated Fat (g): 23g
Polyunsaturated Fat (g): 8g
Cholesterol (mg): 2552mg
Carbohydrate (g): 425g
Dietary Fiber (g): 0g
Protein (g): 75g
Sodium (mg): 1813mg
Potassium (mg): 769mg
Calcium (mg): 308mg
Iron (mg): 7mg
Zinc (mg): 6mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 3874IU
Vitamin A (r.e.): 1163 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 9
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 9
Other Carbohydrates: 28

Nutrition Facts

Amount Per Serving

Calories 2547 **Calories from Fat:** 554

% Daily Values*

Total Fat	62g	95%
Saturated Fat	19g	95%
Cholesterol	2552mg	851%
Sodium	1813mg	76%
Total Carbohydrates	425g	142%
Dietary Fiber	0g	0%
Protein	75g	
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Vitamin A		77%
Vitamin C		0%
Calcium		31%
Iron		41%

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