

Lemon Buttermilk Cake

Erbert F. Cicienia

Gourmet Eating in South Carolina - (1985)

1 cup shortening
2 cups sugar
3 cups flour
1 cup buttermilk
4 eggs
2 tablespoons lemon extract
1/2 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
GLAZE
2 1/2 cups confectioner's sugar
5 tablespoons lemon juice
5 tablespoons orange juice

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Preheat the oven to 325 degrees.

Make the glaze: In a bowl, mix the confectioner's sugar, lemon juice and orange juice.

In a large bowl, place all of the ingredients. Beat for 3 minutes or until well mixed.

Pour into a floured and greased tube pan.

Bake for one hour or until golden brown.

Loosen the edges of the cake while hot. Pour the glaze over the cake.

Return the cake to the oven for 3 minutes.

Per Serving (excluding unknown items): 6374 Calories; 231g Fat (32.4% calories from fat); 73g Protein; 1013g Carbohydrate; 11g Dietary Fiber; 857mg Cholesterol; 2492mg Sodium. Exchanges: 19 Grain(Starch); 3 Lean Meat; 1 Fruit; 1 Non-Fat Milk; 43 Fat; 47 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|-------|----------------------------|--------|
| Calories (kcal): | 6374 | Vitamin B6 (mg): | .6mg |
| % Calories from Fat: | 32.4% | Vitamin B12 (mcg): | 3.1mcg |
| % Calories from Carbohydrates: | 63.1% | Thiamin B1 (mg): | 3.3mg |
| % Calories from Protein: | 4.5% | Riboflavin B2 (mg): | 3.2mg |
| Total Fat (g): | 231g | Folacin (mcg): | 258mcg |
| Saturated Fat (g): | 59g | Niacin (mg): | 23mg |
| Monounsaturated Fat (g): | 100g | Caffeine (mg): | 0mg |

| | |
|--------------------------|--------|
| Polyunsaturated Fat (g): | 58g |
| Cholesterol (mg): | 857mg |
| Carbohydrate (g): | 1013g |
| Dietary Fiber (g): | 11g |
| Protein (g): | 73g |
| Sodium (mg): | 2492mg |
| Potassium (mg): | 1304mg |
| Calcium (mg): | 608mg |
| Iron (mg): | 22mg |
| Zinc (mg): | 6mg |
| Vitamin C (mg): | 76mg |
| Vitamin A (i.u.): | 1227IU |
| Vitamin A (r.e.): | 340RE |

| | |
|-----------------|------|
| Alcohol (kcal): | 0 |
| % Refuse: | n n% |

Food Exchanges

| | |
|----------------------|----|
| Grain (Starch): | 19 |
| Lean Meat: | 3 |
| Vegetable: | 0 |
| Fruit: | 1 |
| Non-Fat Milk: | 1 |
| Fat: | 43 |
| Other Carbohydrates: | 47 |

Nutrition Facts

Amount Per Serving

| | | |
|----------|------|-------------------------|
| Calories | 6374 | Calories from Fat: 2065 |
|----------|------|-------------------------|

% Daily Values*

| | | |
|----------------------------|--------|------|
| Total Fat | 231g | 356% |
| Saturated Fat | 59g | 297% |
| Cholesterol | 857mg | 286% |
| Sodium | 2492mg | 104% |
| Total Carbohydrates | 1013g | 338% |
| Dietary Fiber | 11g | 45% |
| Protein | 73g | |
| <hr/> | | |
| Vitamin A | | 25% |
| Vitamin C | | 127% |
| Calcium | | 61% |
| Iron | | 122% |

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