

Little Amaretto Loaf Cakes

*Donna Lamano - Olathe, KS
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Yield: 4 mini loaves (6 slices ea)

*4 eggs
1 cup sugar
1/2 cup water
1/2 cup amaretto
1/2 cup canola oil
1/4 cup butter, melted
2 cups all-purpose flour
3 teaspoons baking powder
1 teaspoon salt
3/4 cup sliced almonds
GLAZE
1/2 cup sugar
1/2 cup water
1/4 cup butter, cubed
1/4 cup amaretto*

Preparation Time: 25 minutes

Bake: 35 minutes

Preheat the oven to 325 degrees.

Grease and flour four 5-3/4x3x2-inch loaf pans.

In a large bowl, beat the eggs, sugar, water, amaretto, oil and melted butter until well blended.

In another bowl, whisk the flour, baking powder and salt. Gradually beat into the egg mixture. Stir in the almonds.

Transfer to the prepared pans. Bake for 35 to 40 minutes or until a toothpick inserted in the center comes out clean.

Meanwhile, for the glaze, combine the sugar, water and butter in a small saucepan. Bring to a boil. Cook and stir for 3 minutes. Remove from the heat. Stir in the amaretto.

Remove the cakes from the oven. Cool in the pans on a wire rack for 5 minutes. Pour the glaze over the cakes while in the pans. Let stand until the glaze is absorbed, about 30 minutes.

Remove the cakes from the pans. Store, covered, in the refrigerator.

Per Serving (excluding unknown items): 3543 Calories; 171g Fat (46.5% calories from fat); 74g Protein; 370g Carbohydrate; 14g Dietary Fiber; 1096mg Cholesterol; 4835mg Sodium. Exchanges: 14 Grain(Starch); 6 Lean Meat; 30 Fat; 7 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	3543
% Calories from Fat:	46.5%
% Calories from Carbohydrates:	44.6%
% Calories from Protein:	8.9%
Total Fat (g):	171g
Saturated Fat (g):	69g
Monounsaturated Fat (g):	71g
Polyunsaturated Fat (g):	19g
Cholesterol (mg):	1096mg
Carbohydrate (g):	370g
Dietary Fiber (g):	14g
Protein (g):	74g
Sodium (mg):	4835mg
Potassium (mg):	1385mg
Calcium (mg):	1268mg
Iron (mg):	21mg
Zinc (mg):	8mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	4444IU
Vitamin A (r.e.):	1138 1/2RE

Vitamin B6 (mg):	.5mg
Vitamin B12 (mcg):	2.7mcg
Thiamin B1 (mg):	2.3mg
Riboflavin B2 (mg):	3.0mg
Folacin (mcg):	526mcg
Niacin (mg):	18mg
Caffeine (mg):	0mg
Alcohol (kcal):	491
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	14
Lean Meat:	6
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	30
Other Carbohydrates:	7

Nutrition Facts

Amount Per Serving

Calories	3543	Calories from Fat:	1647
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% Daily Values*

Total Fat	171g	264%
Saturated Fat	69g	346%
Cholesterol	1096mg	365%
Sodium	4835mg	201%
Total Carbohydrates	370g	123%
Dietary Fiber	14g	56%
Protein	74g	
Vitamin A		89%
Vitamin C		1%
Calcium		127%
Iron		117%

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