

Melody's Mandarin Orange Cake

Sister Patricia Ann, O.S.U.

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

1 package (21 ounce) yellow cake mix (butter flavor)
4 eggs, slightly beaten
1 can (11 ounce) mandarin oranges, drained
1/3 cup vegetable oil
ICING
1 can (20 ounce) crushed pineapple with juice
1 package (3 ounce) instant vanilla pudding mix
1 cup flaked coconut
1 container (9 ounce) frozen non-dairy whipped topping, thawed

Preheat the oven to 350 degrees.

In the large bowl of an electric mixer, combine the cake mix, eggs, oranges and vegetable oil, in that order. Beat well (about 3 to 4 minutes) scraping the sides of the bowl. (Make sure that the orange pieces are broken up completely.)

Spread the batter into three eight-inch baking pans which have been coated with non-stick cooking spray.

Bake for 20 to 25 minutes or until the cake tests done.

Make the frosting: In a large mixing bowl, beat the undrained pineapple and the pudding mix together. Fold in the coconut and whipped topping. Frost between the layers and the top and sides of the cake.

Per Serving (excluding unknown items): 969 Calories; 92g Fat (85.0% calories from fat); 26g Protein; 11g Carbohydrate; 2g Dietary Fiber; 848mg Cholesterol; 281mg Sodium. Exchanges: 3 Lean Meat; 1/2 Fruit; 16 Fat.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	969	Vitamin B6 (mg):	.3mg
% Calories from Fat:	85.0%	Vitamin B12 (mcg):	2.6mcg
% Calories from Carbohydrates:	4.5%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	10.5%	Riboflavin B2 (mg):	1.0mg

Total Fat (g): 92g
Saturated Fat (g): 15g
Monounsaturated Fat (g): 50g
Polyunsaturated Fat (g): 18g
Cholesterol (mg): 848mg
Carbohydrate (g): 11g
Dietary Fiber (g): 2g
Protein (g): 26g
Sodium (mg): 281mg
Potassium (mg): 400mg
Calcium (mg): 116mg
Iron (mg): 4mg
Zinc (mg): 2mg
Vitamin C (mg): 26mg
Vitamin A (i.u.): 1749IU
Vitamin A (r.e.): 357 1/2RE

Folacin (mcg): 113mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 3
Vegetable: 0
Fruit: 1/2
Non-Fat Milk: 0
Fat: 16
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 969 Calories from Fat: 823

% Daily Values*

Total Fat	92g	141%
Saturated Fat	15g	73%
Cholesterol	848mg	283%
Sodium	281mg	12%
Total Carbohydrates	11g	4%
Dietary Fiber	2g	8%
Protein	26g	
Vitamin A		35%
Vitamin C		43%
Calcium		12%
Iron		21%

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