

Mississippi Mud Cake II

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

2 sticks margarine
1/2 cup cocoa
4 eggs
2 cups sugar
1 1/2 cups all-purpose flour
1 teaspoon vanilla
1 cup pecans, chopped
2 cups miniature marshmallows

FROSTING

1 box confectioner's sugar
1/2 cup milk
1/2 stick margarine
1/3 cup cocoa

Preheat the oven to 350 degrees.

In a large boiler, melt the margarine and cocoa.

In a bowl, stir the eggs and sugar together. Add to the margarine and cocoa. Add the flour, vanilla and pecans. Stir with a spoon. Pour into a 13x9-inch pan.

Bake for 30 to 35 minutes.

When done, sprinkle marshmallows over the hot cake.

For the frosting: In a mixer bowl, beat the margarine. Add the sugar, milk and cocoa. Pour over the marshmallows. Cool before cutting.

Per Serving (excluding unknown items): 6208 Calories; 336g Fat (46.8% calories from fat); 74g Protein; 785g Carbohydrate; 37g Dietary Fiber; 865mg Cholesterol; 3061mg Sodium. Exchanges: 13 Grain(Starch); 4 1/2 Lean Meat; 1/2 Non-Fat Milk; 63 Fat; 37 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	6208	Vitamin B6 (mg):	.7mg
% Calories from Fat:	46.8%	Vitamin B12 (mcg):	3.3mcg
% Calories from Carbohydrates:	48.6%	Thiamin B1 (mg):	2.7mg
% Calories from Protein:	4.6%	Riboflavin B2 (mg):	2.5mg
Total Fat (g):	336g	Folacin (mcg):	459mcg
Saturated Fat (g):	60g	Niacin (mg):	14mg

Monounsaturated Fat (g): 167g
Polyunsaturated Fat (g): 90g
Cholesterol (mg): 865mg
Carbohydrate (g): 785g
Dietary Fiber (g): 37g
Protein (g): 74g
Sodium (mg): 3061mg
Potassium (mg): 2298mg
Calcium (mg): 508mg
Iron (mg): 25mg
Zinc (mg): 15mg
Vitamin C (mg): 4mg
Vitamin A (i.u.): 11370IU
Vitamin A (r.e.): 2599RE

Caffeine (mg): 164mg
Alcohol (kcal): 13
% Refuse: n n%

Food Exchanges

Grain (Starch): 13
Lean Meat: 4 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1/2
Fat: 63
Other Carbohydrates: 37 1/2

Nutrition Facts

Amount Per Serving

Calories 6208 Calories from Fat: 2905

% Daily Values*

Total Fat	336g	517%
Saturated Fat	60g	301%
Cholesterol	865mg	288%
Sodium	3061mg	128%
Total Carbohydrates	785g	262%
Dietary Fiber	37g	148%
Protein	74g	
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Vitamin A		227%
Vitamin C		6%
Calcium		51%
Iron		139%

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