

# Mom's Whiskey Cake

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Church of St. Peter Council of Catholic Women - Mendota, MN (2003)

## CAKE

1 package Duncan Hines pineapple cake mix: (white cake mix can be substituted)

1 package (3 ounce) vanilla instant pudding mix

4 eggs

1 cup milk

1/2 cup oil

1/2 cup nuts, chopped

marachino cherries (to taste)

## GLAZE

3 tablespoons sugar

4 tablespoons margarine

1/2 cup whiskey

Preheat the oven to 350 degrees.

Mix the cake mix together with the pudding mix.

Mix in the eggs, oil, milk and nuts.

Slice some marachino cherries in half and arrange them on the bottom of a 10-inch tube pan or Bundt pan. Pour the batter over them.

Bake for one hour.

Prepare the glaze: In a saucepan, bring the sugar, margarine and whiskey to a boil.

When the cake is finished baking, make holes with a fork in the cake and pour half of the glaze mixture over the cake while it is still in the pan. Let stand for 10 minutes.

Turn the cake out of the pan. Make holes on this side of the cake with a fork and pour the whiskey mixture over the top of the cake.

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Per Serving (excluding unknown items): 2654 Calories; 222g Fat (81.7% calories from fat); 46g Protein; 66g Carbohydrate; 7g Dietary Fiber; 881mg Cholesterol; 942mg Sodium. Exchanges: 1 Grain(Starch); 4 1/2 Lean Meat; 1 Non-Fat Milk; 41 Fat; 2 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):

2654

Vitamin B6 (mg):

.6mg

% Calories from Fat:	81.7%
% Calories from Carbohydrates:	10.8%
% Calories from Protein:	7.4%
Total Fat (g):	222g
Saturated Fat (g):	38g
Monounsaturated Fat (g):	119g
Polyunsaturated Fat (g):	49g
Cholesterol (mg):	881mg
Carbohydrate (g):	66g
Dietary Fiber (g):	7g
Protein (g):	46g
Sodium (mg):	942mg
Potassium (mg):	1079mg
Calcium (mg):	489mg
Iron (mg):	6mg
Zinc (mg):	7mg
Vitamin C (mg):	3mg
Vitamin A (i.u.):	3315IU
Vitamin A (r.e.):	825 1/2RE

Vitamin B12 (mcg):	3.5mcg
Thiamin B1 (mg):	.6mg
Riboflavin B2 (mg):	1.5mg
Folacin (mcg):	168mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	256
% Refuse:	0.0%

### Food Exchanges

Grain (Starch):	1
Lean Meat:	4 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1
Fat:	41
Other Carbohydrates:	2 1/2

## Nutrition Facts

### Amount Per Serving

Calories 2654                      Calories from Fat: 2170

### % Daily Values\*

<b>Total Fat</b>	222g	342%
Saturated Fat	38g	190%
<b>Cholesterol</b>	881mg	294%
<b>Sodium</b>	942mg	39%
<b>Total Carbohydrates</b>	66g	22%
Dietary Fiber	7g	28%
<b>Protein</b>	46g	
<b>Vitamin A</b>		66%
<b>Vitamin C</b>		5%
<b>Calcium</b>		49%
<b>Iron</b>		34%

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