

# Mother's Tutti Frutti Cake

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

*1 cup sugar  
1/2 cup shortening  
1 cup buttermilk  
1 tablespoon vinegar  
1 teaspoon soda  
1 teaspoon vanilla  
1/4 teaspoon salt  
1 egg  
1 1/2 cups flour  
2 tablespoons cocoa  
1/2 cup pecans  
1/2 cup dates*

## *FILLING*

*1 can (8 ounce) crushed pineapple,  
reserve 2 to 3 tablespoons of juice*

*1/2 cup sugar*

## *FROSTING*

*2 to 3 tablespoons reserved pineapple  
juice*

*powdered sugar*

*pecan halves*

Preheat the oven to 350 degrees.

In a bowl, cream the shortening, sugar and egg. Add the vinegar and vanilla.

In a bowl, put the soda in the buttermilk and beat.

In a bowl, sift together the cocoa, flour and salt. Add to the sugar mixture alternating with buttermilk mixture. Mix well. Add the pecans and dates. Pour the mixture in two nine-inch pans.

Bake for 25 to 30 minutes.

For the filling: In a saucepan, mix the pineapple and sugar. Cook until slightly thickened. Cool and spread between the layers.

For the frosting: In a bowl, mix together the juice and sugar until they reach spreading consistency. Spread on the top and sides. Decorate the top of the cake with pecan halves.

---

Per Serving (excluding unknown items): 3715 Calories; 150g Fat (35.2% calories from fat); 43g Protein; 577g Carbohydrate; 21g Dietary Fiber; 221mg Cholesterol; 875mg Sodium. Exchanges: 10 1/2 Grain(Starch); 1 Lean Meat; 6 1/2 Fruit; 1 Non-Fat Milk; 28 1/2 Fat; 20 Other Carbohydrates.

Desserts

**Per Serving Nutritional Analysis**

% Calories from Fat:	35.2%
% Calories from Carbohydrates:	60.3%
% Calories from Protein:	4.5%
Total Fat (g):	150g
Saturated Fat (g):	33g
Monounsaturated Fat (g):	72g
Polyunsaturated Fat (g):	37g
Cholesterol (mg):	221mg
Carbohydrate (g):	577g
Dietary Fiber (g):	21g
Protein (g):	43g
Sodium (mg):	875mg
Potassium (mg):	1917mg
Calcium (mg):	443mg
Iron (mg):	14mg
Zinc (mg):	7mg
Vitamin C (mg):	27mg
Vitamin A (i.u.):	535IU
Vitamin A (r.e.):	110 1/2RE

Vitamin B12 (mcg):	1.2mcg
Thiamin B1 (mg):	2.3mg
Riboflavin B2 (mg):	1.7mg
Folacin (mcg):	133mcg
Niacin (mg):	15mg
Caffeine (mg):	25mg
Alcohol (kcal):	13
% Refuse:	0.0%

### Food Exchanges

Grain (Starch):	10 1/2
Lean Meat:	1
Vegetable:	0
Fruit:	6 1/2
Non-Fat Milk:	1
Fat:	28 1/2
Other Carbohydrates:	20

## Nutrition Facts

### Amount Per Serving

Calories 3715                      Calories from Fat: 1310

### % Daily Values\*

<b>Total Fat</b> 150g	231%
Saturated Fat 33g	164%
<b>Cholesterol</b> 221mg	74%
<b>Sodium</b> 875mg	36%
<b>Total Carbohydrates</b> 577g	192%
Dietary Fiber 21g	86%
<b>Protein</b> 43g	
<b>Vitamin A</b>	11%
<b>Vitamin C</b>	45%
<b>Calcium</b>	44%
<b>Iron</b>	79%

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