

Orange Pecan Cake

Mae Cassone

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

1 medium orange (the juicier the better)
1/2 cup butter or margarine, softened
1 1/2 cups sugar
2 eggs
2 cups all-purpose flour, sifted
1/4 teaspoon salt
1 teaspoon baking soda
1 cup evaporated milk or light cream
1 tablespoon lemon juice
3/4 cup broken pecans
1/4 cup sugar
1/4 cup orange juice

Preheat the oven to 375 degrees.

Cut the unpeeled orange in eighths; remove any seeds. Blend the pulp in a food processor until fine.

Cream the butter. Gradually add the 1-1/2 cups of sugar, beating until light and fluffy. Add the orange pulp, mixing well. Add the eggs, one at a time, beating well after each.

Sift together the dry ingredients. Add to the creamed mixture alternately with the evaporated milk combined with lemon juice. Stir in the pecans.

Turn into a greased and floured eight-inch square pan.

Bake for about 45 minutes or until done.

Remove from the oven and immediately sprinkle with the 1/4 cup of sugar and pour the orange juice over to glaze.

Per Serving (excluding unknown items): 3257 Calories; 104g Fat (28.5% calories from fat); 40g Protein; 549g Carbohydrate; 7g Dietary Fiber; 672mg Cholesterol; 2877mg Sodium. Exchanges: 12 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Fruit; 19 Fat; 23 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

% Calories from Fat:	28.5%
% Calories from Carbohydrates:	66.6%
% Calories from Protein:	4.8%
Total Fat (g):	104g
Saturated Fat (g):	61g
Monounsaturated Fat (g):	31g
Polyunsaturated Fat (g):	6g
Cholesterol (mg):	672mg
Carbohydrate (g):	549g
Dietary Fiber (g):	7g
Protein (g):	40g
Sodium (mg):	2877mg
Potassium (mg):	581mg
Calcium (mg):	132mg
Iron (mg):	14mg
Zinc (mg):	3mg
Vitamin C (mg):	38mg
Vitamin A (i.u.):	4083IU
Vitamin A (r.e.):	1029 1/2RE

Vitamin B12 (mcg):	1.4mcg
Thiamin B1 (mg):	2.1mg
Riboflavin B2 (mg):	1.8mg
Folacin (mcg):	472mcg
Niacin (mg):	15mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	12 1/2
Lean Meat:	1 1/2
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	19
Other Carbohydrates:	23 1/2

Nutrition Facts

Amount Per Serving

Calories 3257 Calories from Fat: 929

% Daily Values*

Total Fat 104g	161%
Saturated Fat 61g	304%
Cholesterol 672mg	224%
Sodium 2877mg	120%
Total Carbohydrates 549g	183%
Dietary Fiber 7g	28%
Protein 40g	
Vitamin A	82%
Vitamin C	63%
Calcium	13%
Iron	78%

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