

# Plum Cake II

Mrs. Bodo Claus, Mrs. Gerald A. Byars and Mrs. Vernon P. Middleton  
River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

## CAKE

2 jars (4-3/4 ounce ea) plums with  
tapioca baby food  
2 cups sugar  
1 cup salad oil  
2 cups self-rising flour  
3 eggs  
1 or 1/2 teaspoon cinnamon  
1 or 1/2 teaspoon nutmeg OR  
ground cloves  
1 cup chopped pecans

## TOPPING

1 to 2 cups powdered sugar  
juice of one lemon OR two  
tablespoons of orange juice

Preheat the oven to 325 degrees.

In a bowl, mix the baby food, sugar, salad oil, flour, eggs, cinnamon, nutmeg and pecans. Mix well either by hand or an electric mixer on low speed.

Grease a tube or bundt pan. Sprinkle with flour. Pour in the batter.

Bake for one hour and 15 minutes.

Make the topping: In a bowl, combine one cup of the sugar with the juice. Add more sugar until the topping is very stiff and will absorb no more sugar.

Place the topping on the cake while the cake is still warm.

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Per Serving (excluding unknown items): 5860 Calories; 316g Fat (47.5% calories from fat); 53g Protein; 733g Carbohydrate; 21g Dietary Fiber; 636mg Cholesterol; 3393mg Sodium. Exchanges: 14 Grain(Starch); 3 Lean Meat; 61 Fat; 35 Other Carbohydrates.

## Desserts

### Per Serving Nutritional Analysis

Calories (kcal):	5860	Vitamin B6 (mg):	.6mg
% Calories from Fat:	47.5%	Vitamin B12 (mcg):	1.9mcg
% Calories from Carbohydrates:	48.9%	Thiamin B1 (mg):	2.8mg
% Calories from Protein:	3.5%	Riboflavin B2 (mg):	1.9mg
Total Fat (g):	316g	Folacin (mcg):	226mcg

**Saturated Fat (g):** 37g  
**Monounsaturated Fat (g):** 185g  
**Polyunsaturated Fat (g):** 69g  
**Cholesterol (mg):** 636mg  
**Carbohydrate (g):** 733g  
**Dietary Fiber (g):** 21g  
**Protein (g):** 53g  
**Sodium (mg):** 3393mg  
**Potassium (mg):** 1022mg  
**Calcium (mg):** 1055mg  
**Iron (mg):** 20mg  
**Zinc (mg):** 10mg  
**Vitamin C (mg):** 4mg  
**Vitamin A (i.u.):** 902IU  
**Vitamin A (r.e.):** 227RE

**Niacin (mg):** 16mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** n n%

### Food Exchanges

**Grain (Starch):** 14  
**Lean Meat:** 3  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 61  
**Other Carbohydrates:** 35

## Nutrition Facts

### Amount Per Serving

**Calories** 5860                      **Calories from Fat:** 2784

### % Daily Values\*

<b>Total Fat</b>	316g	486%
Saturated Fat	37g	184%
<b>Cholesterol</b>	636mg	212%
<b>Sodium</b>	3393mg	141%
<b>Total Carbohydrates</b>	733g	244%
Dietary Fiber	21g	84%
<b>Protein</b>	53g	
<b>Vitamin A</b>		18%
<b>Vitamin C</b>		7%
<b>Calcium</b>		105%
<b>Iron</b>		110%

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