

Sock It To Me Cake

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

1 box yellow cake mix
3/4 cup cooking oil
1 teaspoon vanilla
1/2 cup sugar
1/2 pint sour cream
1 cup nuts, chopped
4 eggs
2 tablespoons brown sugar
1 teaspoon cinnamon
FROSTING
1 cup confectioner's sugar
2 tablespoons milk

Preheat the oven to 325 degrees.

In a bowl, mix the cake mix, cooking oil, vanilla, sugar, sour cream and nuts. Add the eggs, one at a time.

Grease and flour a tube pan. Pour one-half of the batter into the pan.

In a bowl, mix the brown sugar and cinnamon. Sprinkle over the batter in the pan. Pour the remaining batter into the pan.

Bake for one hour.

For the frosting: In a bowl, mix the confectioner's sugar and milk (add more milk, if needed). Pour over the cake while hot.

Per Serving (excluding unknown items): 6305 Calories; 373g Fat (52.2% calories from fat); 80g Protein; 687g Carbohydrate; 21g Dietary Fiber; 965mg Cholesterol; 3842mg Sodium. Exchanges: 2 Grain(Starch); 6 Lean Meat; 1 Non-Fat Milk; 71 Fat; 43 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	6305	Vitamin B6 (mg):	1.1mg
% Calories from Fat:	52.2%	Vitamin B12 (mcg):	3.9mcg
% Calories from Carbohydrates:	42.8%	Thiamin B1 (mg):	1.9mg
% Calories from Protein:	5.0%	Riboflavin B2 (mg):	2.7mg
Total Fat (g):	373g	Folacin (mcg):	583mcg
Saturated Fat (g):	79g	Niacin (mg):	17mg

Monounsaturated Fat (g): 131g
Polyunsaturated Fat (g): 143g
Cholesterol (mg): 965mg
Carbohydrate (g): 687g
Dietary Fiber (g): 21g
Protein (g): 80g
Sodium (mg): 3842mg
Potassium (mg): 1973mg
Calcium (mg): 1305mg
Iron (mg): 17mg
Zinc (mg): 12mg
Vitamin C (mg): 5mg
Vitamin A (i.u.): 2869IU
Vitamin A (r.e.): 840 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 13
% Refuse: n n%

Food Exchanges

Grain (Starch): 2
Lean Meat: 6
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1
Fat: 71
Other Carbohydrates: 43

Nutrition Facts

Amount Per Serving

Calories 6305 Calories from Fat: 3292

% Daily Values*

Total Fat	373g	574%
Saturated Fat	79g	397%
Cholesterol	965mg	322%
Sodium	3842mg	160%
Total Carbohydrates	687g	229%
Dietary Fiber	21g	84%
Protein	80g	
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Vitamin A		57%
Vitamin C		8%
Calcium		131%
Iron		97%

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