

Sour Cherry Cake with Sauce

Sharon Wiza

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 10

*1/3 cup vegetable shortening
1 1/2 cups sugar
2 eggs, well beaten
2 1/4 cups all-purpose flour
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 cup milk
1 can (20 ounce) pitted sour cherries,
drained and juice reserved
1/2 cup chopped nuts
SAUCE
1/2 cup sugar
dash salt
2 tablespoons cornstarch
reserved cherry juice
water
1/4 teaspoon almond extract*

Preheat the oven to 350 degrees.

In the large bowl of an electric mixer, cream the shortening and sugar until light and fluffy. Beat in the eggs.

In a bowl, sift the flour, baking powder, baking soda and salt together and add to the creamed mixture alternately with milk. Fold in the cherries and nuts. Pour the batter into a greased and floured 12x8x2-inch baking pan.

Bake for 50 to 60 minutes or until the cake tests done.

Prepare the Sauce: While the cake is baking, in a small saucepan, blend the sugar, salt and cornstarch together. Add enough water to the reserved cherry juice in a large cup to make 1-3/4 cups of liquid. Stir into the sugar mixture and place over medium heat. Bring to a boil, stirring constantly. Reduce the heat. Continue simmering until thickened, about 10 minutes, stirring occasionally. Remove from the heat and blend in almond extract.

Remove the cake from the oven and cool in the pan.

Pour warm sauce over the warm cake.

Store any leftovers in the refrigerator.

Per Serving (excluding unknown items): 406 Calories; 13g Fat (28.2% calories from fat); 6g Protein; 68g Carbohydrate; 2g Dietary Fiber; 46mg Cholesterol; 271mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 2 1/2 Fat; 2 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	406	Vitamin B6 (mg):	.1mg
% Calories from Fat:	28.2%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	65.7%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	6.1%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	13g	Folacin (mcg):	56mcg
Saturated Fat (g):	4g	Niacin (mg):	2mg
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	trace
Cholesterol (mg):	46mg	% Refused:	0.0%
Carbohydrate (g):	68g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	1 1/2
Protein (g):	6g	Lean Meat:	1/2
Sodium (mg):	271mg	Vegetable:	0
Potassium (mg):	150mg	Fruit:	0
Calcium (mg):	90mg	Non-Fat Milk:	0
Iron (mg):	2mg	Fat:	2 1/2
Zinc (mg):	1mg	Other Carbohydrates:	2 1/2
Vitamin C (mg):	2mg		
Vitamin A (i.u.):	280IU		
Vitamin A (r.e.):	43 1/2RE		

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 406 **Calories from Fat:** 114

% Daily Values*

Total Fat 13g	20%
Saturated Fat 4g	21%
Cholesterol 46mg	15%
Sodium 271mg	11%
Total Carbohydrates 68g	23%
Dietary Fiber 2g	7%
Protein 6g	
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Vitamin A	6%
Vitamin C	3%
Calcium	9%
Iron	10%

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