

Sour Cream Pound Cake

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

*2 sticks margarine
1/2 cup shortening
3 cups sugar
6 egg yolks
6 egg whites
3 cups flour
1 small carton sour cream
1/4 teaspoon soda
1/2 teaspoon salt, divided
1 teaspoon vanilla*

Preheat the oven to 350 degrees.

In a bowl, sift the flour and soda together. set aside.

In a bowl. add 1/4 teaspoon of salt to the egg whites. Beat. Set aside.

In a bowl, cream the butter and shortening. Add the sugar, remaining salt and vanilla. Beat until creamy. Add the egg yolks, one at a time. Add the flour and sour cream alternately. Fold in the egg whites.

Bake for 20 minutes. Reduce oven to 325 degrees.

Bake for 45 to 50 minutes.

Per Serving (excluding unknown items): 5555 Calories; 185g Fat (29.7% calories from fat); 84g Protein; 900g Carbohydrate; 11g Dietary Fiber; 1378mg Cholesterol; 1573mg Sodium. Exchanges: 19 Grain(Starch); 4 1/2 Lean Meat; 1/2 Non-Fat Milk; 34 1/2 Fat; 40 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	5555	Vitamin B6 (mg):	.5mg
% Calories from Fat:	29.7%	Vitamin B12 (mcg):	4.1mcg
% Calories from Carbohydrates:	64.3%	Thiamin B1 (mg):	3.1mg
% Calories from Protein:	6.0%	Riboflavin B2 (mg):	3.8mg
Total Fat (g):	185g	Folacin (mcg):	274mcg

Saturated Fat (g): 66g
Monounsaturated Fat (g): 71g
Polyunsaturated Fat (g): 34g
Cholesterol (mg): 1378mg
Carbohydrate (g): 900g
Dietary Fiber (g): 11g
Protein (g): 84g
Sodium (mg): 1573mg
Potassium (mg): 1125mg
Calcium (mg): 485mg
Iron (mg): 21mg
Zinc (mg): 6mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 3754IU
Vitamin A (r.e.): 1126 1/2RE

Niacin (mg): 22mg
Caffeine (mg): 0mg
Alcohol (kcal): 13
% Refused: n n%

Food Exchanges

Grain (Starch): 19
Lean Meat: 4 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1/2
Fat: 34 1/2
Other Carbohydrates: 40

Nutrition Facts

Amount Per Serving

Calories 5555 **Calories from Fat:** 1652

% Daily Values*

Total Fat	185g	285%
Saturated Fat	66g	328%
Cholesterol	1378mg	459%
Sodium	1573mg	66%
Total Carbohydrates	900g	300%
Dietary Fiber	11g	43%
Protein	84g	
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Vitamin A		75%
Vitamin C		3%
Calcium		49%
Iron		119%

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