

Sour Cream Somersault Cake

Mrs. Joel Safer

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

margarine

1/2 cup sugar

2 tablespoons cinnamon

1 cup pecans, finely chopped

1 box (18-1/2 ounce) yellow cake

mix

4 eggs

1 package (3-3/4 ounce) instant

vanilla pudding mix

3/4 cup water

1 cup sour cream

1 teaspoon vanilla extract

1/4 cup cooking oil

Preheat the oven to 350 degrees.

Grease a bundt cake pan heavily with margarine.

In a bowl, mix the sugar, cinnamon and pecans. Use part of this mixture to coat all sides of the pan well. Reserve the rest to use between layers.

In a large mixing bowl, blend the cake mix, pudding mix, water, sour cream, vanilla and cooking oil with an electric mixer for the time indicated on the cake mix box.

Pour alternate layers of the cake batter and the sugar, cinnamon and pecan mixture into the bundt pan.

Bake for one hour.

Cool completely before removing from the pan.

(If desired, you can wrap the cake in foil and let stand for two to three days. It stays fresh for two weeks. This recipe freezes very well.)

Per Serving (excluding unknown items): 4661 Calories; 256g Fat (48.5% calories from fat); 64g Protein; 547g Carbohydrate; 21g Dietary Fiber; 960mg Cholesterol; 3813mg Sodium. Exchanges: 2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Non-Fat Milk; 48 1/2 Fat; 33 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	4661	Vitamin B6 (mg):	.9mg
% Calories from Fat:	48.5%	Vitamin B12 (mcg):	3.8mcg
% Calories from Carbohydrates:	46.1%	Thiamin B1 (mg):	2.1mg
% Calories from Protein:	5.4%	Riboflavin B2 (mg):	2.5mg
Total Fat (g):	256g	Folacin (mcg):	509mcg
Saturated Fat (g):	58g	Niacin (mg):	11mg
Monounsaturated Fat (g):	105g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	77g	Alcohol (kcal):	13
Cholesterol (mg):	960mg	% Refused:	n n%
Carbohydrate (g):	547g	Food Exchanges	
Dietary Fiber (g):	21g	Grain (Starch):	2
Protein (g):	64g	Lean Meat:	3 1/2
Sodium (mg):	3813mg	Vegetable:	0
Potassium (mg):	1517mg	Fruit:	0
Calcium (mg):	1281mg	Non-Fat Milk:	1/2
Iron (mg):	19mg	Fat:	48 1/2
Zinc (mg):	10mg	Other Carbohydrates:	33 1/2
Vitamin C (mg):	9mg		
Vitamin A (i.u.):	2972IU		
Vitamin A (r.e.):	843RE		

Nutrition Facts

Amount Per Serving		
Calories	4661	Calories from Fat: 2262
% Daily Values*		
Total Fat	256g	394%
Saturated Fat	58g	291%
Cholesterol	960mg	320%
Sodium	3813mg	159%
Total Carbohydrates	547g	182%
Dietary Fiber	21g	85%
Protein	64g	
Vitamin A		59%
Vitamin C		15%
Calcium		128%
Iron		106%

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