

Southern Coconut Cake

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

Servings: 10

2 boxes white cake mix
1 cup frozen coconut, thawed
1 teaspoon almond extract

FILLING

1/4 cup butter
1 cup sugar
3 eggs, beaten
juice of 1-1/2 lemons
grated rind of one lemon

FROSTING

2/3 cup sugar
3 teaspoons light corn syrup
3 teaspoons water
2 egg whites
1 teaspoon vanilla
shredded coconut meat

Prepare both boxes of the cake mix according to package directions, adding the coconut and the almond extract. Bake in four nine-inch layer pans according to package directions. Freeze one layer for later use.

For the filling: Melt the butter in a double boiler. Mix in the sugar. Stir in the beaten eggs, lemon juice and lemon rind. Cook, stirring constantly, until thick, 20 to 30 minutes. Chill for several hours. Assemble three layers with the filling.

For the frosting: In a saucepan, combine the sugar, corn syrup and water. Bring to a boil and continue cooking to 244 degrees or until the syrup spins a six to eight inch thread. Beat the egg whites until stiff. Pour the syrup in a thin stream into the egg whites, beating continuously until the frosting is stiff and glossy. Add the vanilla.

Spread on the cake. Sprinkle the cake with coconut.

Per Serving (excluding unknown items): 507 Calories; 14g Fat (24.4% calories from fat); 6g Protein; 91g Carbohydrate; 1g Dietary Fiber; 76mg Cholesterol; 557mg Sodium. Exchanges: 1/2 Lean Meat; 2 1/2 Fat; 6 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):

507

Vitamin B6 (mg):

trace
.3mcg

% Calories from Fat:	24.4%
% Calories from Carbohydrates:	71.0%
% Calories from Protein:	4.6%
Total Fat (g):	14g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	76mg
Carbohydrate (g):	91g
Dietary Fiber (g):	1g
Protein (g):	6g
Sodium (mg):	557mg
Potassium (mg):	116mg
Calcium (mg):	147mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	trace
Vitamin A (i.u.):	248IU
Vitamin A (r.e.):	64RE

Vitamin B12 (mcg):	
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	42mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	2
% Refuse:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 507 Calories from Fat: 124

% Daily Values*

Total Fat 14g	21%
Saturated Fat 5g	23%
Cholesterol 76mg	25%
Sodium 557mg	23%
Total Carbohydrates 91g	30%
Dietary Fiber 1g	3%
Protein 6g	
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Vitamin A	5%
Vitamin C	0%
Calcium	15%
Iron	7%

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