

Swedish Cherry Cake

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

1 tablespoon butter
1 1/2 cups sugar, divided
1 egg
1 cup flour
1 teaspoon soda
pinch salt
1 cup sour cherries, pitted
1 cup nuts
1 tablespoon cornstarch
1/2 teaspoon almond flavoring
1 teaspoon red food coloring
1/2 pint heavy cream

Preheat the oven to 350 degrees.

Drain the cherries and reserve the juice.

In a bowl, cream together the butter, one cup of sugar and egg. Blend in the flour, soda and salt. Add the cherries and nuts. Pour the batter into a 9x9-inch pan.

Bake for about 45 minutes. Cool thoroughly.

In a saucepan, boil together the juice from the cherries, 1/2 cup of sugar, food coloring, cornstarch and almond flavoring. Cool.

Spread the glaze over the cake.

Whip the heavy cream and spread over the glaze.

Per Serving (excluding unknown items): 3607 Calories; 186g Fat (45.0% calories from fat); 50g Protein; 462g Carbohydrate; 20g Dietary Fiber; 569mg Cholesterol; 315mg Sodium. Exchanges: 8 1/2 Grain(Starch); 3 1/2 Lean Meat; 1 1/2 Fruit; 1/2 Non-Fat Milk; 34 1/2 Fat; 20 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	3607	Vitamin B6 (mg):	.6mg
% Calories from Fat:	45.0%	Vitamin B12 (mcg):	1.1mcg
% Calories from Carbohydrates:	49.6%	Thiamin B1 (mg):	1.8mg
% Calories from Protein:	5.4%	Riboflavin B2 (mg):	1.6mg
Total Fat (g):	186g	Folacin (mcg):	203mcg

Saturated Fat (g): 76g
Monounsaturated Fat (g): 76g
Polyunsaturated Fat (g): 24g
Cholesterol (mg): 569mg
Carbohydrate (g): 462g
Dietary Fiber (g): 20g
Protein (g): 50g
Sodium (mg): 315mg
Potassium (mg): 1454mg
Calcium (mg): 385mg
Iron (mg): 15mg
Zinc (mg): 9mg
Vitamin C (mg): 7mg
Vitamin A (i.u.): 6043IU
Vitamin A (r.e.): 1365RE

Niacin (mg): 15mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 8 1/2
Lean Meat: 3 1/2
Vegetable: 0
Fruit: 1 1/2
Non-Fat Milk: 1/2
Fat: 34 1/2
Other Carbohydrates: 20

Nutrition Facts

Amount Per Serving

Calories 3607 **Calories from Fat:** 1623

% Daily Values*

Total Fat 186g	286%
Saturated Fat 76g	381%
Cholesterol 569mg	190%
Sodium 315mg	13%
Total Carbohydrates 462g	154%
Dietary Fiber 20g	82%
Protein 50g	
Vitamin A	121%
Vitamin C	12%
Calcium	39%
Iron	83%

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