

War Cake

Ruth Truesdell & Dorothy Lyons - Port St. Lucie, FL
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1 package (12 ounce) raisins
2 cups sugar
2 tablespoons shortening
2 cups water
3 cups flour
1 teaspoon salt
1 teaspoon baking soda
1 teaspoon allspice
1 teaspoon cloves
1 teaspoon cinnamon
1 teaspoon nutmeg
1 teaspoon mace
1 teaspoon cocoa
2 teaspoons baking powder

Preheat the oven to 350 degrees.

In a saucepan, mix the sugar, shortening, water and raisins. Bring to a boil and cook for 10 minutes.

While the raisin mix cools, sift the flour, salt, spices and baking powder.

Grease and flour a round ring pan while you let the raisin mix cool completely.

Add the dry ingredients to the cooled raisin mix, blending completely. Pour into the prepared pan.

Bake for about 60 minutes.

Per Serving (excluding unknown items): 3622 Calories; 32g Fat (7.8% calories from fat); 44g Protein; 810g Carbohydrate; 21g Dietary Fiber; 0mg Cholesterol; 4418mg Sodium. Exchanges: 19 1/2 Grain(Starch); 0 Lean Meat; 7 1/2 Fruit; 5 1/2 Fat; 27 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	3622	Vitamin B6 (mg):	.6mg
% Calories from Fat:	7.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	87.4%	Thiamin B1 (mg):	3.2mg
% Calories from Protein:	4.8%	Riboflavin B2 (mg):	2.0mg
Total Fat (g):	32g	Folacin (mcg):	109mcg
Saturated Fat (g):	8g	Niacin (mg):	24mg
Monounsaturated Fat (g):	12g	Caffeine (mg):	4mg

Polyunsaturated Fat (g): 9g
Cholesterol (mg): 0mg
Carbohydrate (g): 810g
Dietary Fiber (g): 21g
Protein (g): 44g
Sodium (mg): 4418mg
Potassium (mg): 1600mg
Calcium (mg): 762mg
Iron (mg): 23mg
Zinc (mg): 4mg
Vitamin C (mg): 8mg
Vitamin A (i.u.): 57IU
Vitamin A (r.e.): 6RE

Alcohol (kcal): 0
% Refuse: 00%

Food Exchanges

Grain (Starch): 19 1/2
Lean Meat: 0
Vegetable: 0
Fruit: 7 1/2
Non-Fat Milk: 0
Fat: 5 1/2
Other Carbohydrates: 27

Nutrition Facts

Amount Per Serving

Calories 3622 **Calories from Fat:** 284

% Daily Values*

Total Fat	32g	50%
Saturated Fat	8g	41%
Cholesterol	0mg	0%
Sodium	4418mg	184%
Total Carbohydrates	810g	270%
Dietary Fiber	21g	82%
Protein	44g	
Vitamin A		1%
Vitamin C		14%
Calcium		76%
Iron		130%

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