

World Fair Cake

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

- 1 box yellow cake mix (not butter)
- 1 cup pecans
- FROSTING**
- 2 cups sugar
- 1/2 cup milk
- 1/2 stick butter
- 1 cup pecans
- 1 cup coconut
- 1 can (8 ounce) crushed pineapple, drained
- 1 teaspoon vanilla

Prepare the cake following the directions on the box. Add the pecans to the batter. Pour the batter into three cake pans.

Bake according to package instructions.

For the frosting: In a saucepan, boil the sugar and milk for 5 minutes. Add the margarine, pecans, coconut, pineapple and vanilla. Let the mixture sit for at least 10 minutes. Frost the cooled cake layers.

Per Serving (excluding unknown items): 3916 Calories; 223g Fat (49.0% calories from fat); 25g Protein; 497g Carbohydrate; 25g Dietary Fiber; 141mg Cholesterol; 553mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 Lean Meat; 3 1/2 Fruit; 1/2 Non-Fat Milk; 43 1/2 Fat; 27 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	3916	Vitamin B6 (mg):	.7mg
% Calories from Fat:	49.0%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	48.6%	Thiamin B1 (mg):	2.1mg
% Calories from Protein:	2.4%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	223g	Folacin (mcg):	125mcg
Saturated Fat (g):	67g	Niacin (mg):	3mg
Monounsaturated Fat (g):	107g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	38g	Alcohol (kcal):	13
Cholesterol (mg):	141mg	% Refused:	0.0%
Carbohydrate (g):	497g		
Dietary Fiber (g):	25g	Food Exchanges	
Protein (g):	25g	Grain (Starch):	2 1/2
	553mg	Lean Meat:	1
			0
			1

Sodium (mg):
Potassium (mg): 1644mg
Calcium (mg): 287mg
Iron (mg): 8mg
Zinc (mg): 14mg
Vitamin C (mg): 32mg
Vitamin A (i.u.): 2259IU
Vitamin A (r.e.): 513RE

Vegetable:
Fruit: 3 1/2
Non-Fat Milk: 1/2
Fat: 43 1/2
Other Carbohydrates: 27

Nutrition Facts

Amount Per Serving

Calories 3916 **Calories from Fat:** 1919

% Daily Values*

Total Fat 223g	343%
Saturated Fat 67g	333%
Cholesterol 141mg	47%
Sodium 553mg	23%
Total Carbohydrates 497g	166%
Dietary Fiber 25g	101%
Protein 25g	
Vitamin A	45%
Vitamin C	53%
Calcium	29%
Iron	42%

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