

Apple Pie Rum Cake

Mary Cooper

Church of St. Peter Council of Catholic Women - Mendota, MN (2003)

CAKE

1/4 cup shortening
1 egg
1 cup sugar
1 cup flour
1/4 teaspoon salt
1 teaspoon cinnamon
1 teaspoon nutmeg
1 teaspoon soda
2 tablespoons hot water
1 teaspoon vanilla
2 1/2 cups apples, diced
1/2 cup walnuts, chopped

SAUCE

3/4 cup brown sugar
1/2 cup butter
1/4 cup cream
1 teaspoon rum extract

Preheat the oven to 350 degrees.

Cream the shortening with the egg and sugar.

Sift the dry cake ingredients and add to the shortening mixture along with the hot water and vanilla.

Fold in the walnuts and apples.

Place the mixture in a nine-inch pie plate.

Bake for 45 to 60 minutes.

Make the sauce by mixing the brown sugar, butter and cream in a saucepan. Heat to boiling. Remove from the heat and add the rum. Serve over the cake with a dab of cream cheese on top.

Per Serving (excluding unknown items): 3702 Calories; 202g Fat (47.8% calories from fat); 38g Protein; 457g Carbohydrate; 16g Dietary Fiber; 513mg Cholesterol; 1611mg Sodium. Exchanges: 7 Grain(Starch); 2 1/2 Lean Meat; 3 Fruit; 38 Fat; 20 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	3702	Vitamin B6 (mg):	.6mg
% Calories from Fat:	47.8%	Vitamin B12 (mcg):	.9mcg
% Calories from Carbohydrates:	48.2%	Thiamin B1 (mg):	1.2mg
% Calories from Protein:	4.0%	Riboflavin B2 (mg):	1.1mg

Total Fat (g): 202g
Saturated Fat (g): 84g
Monounsaturated Fat (g): 64g
Polyunsaturated Fat (g): 42g
Cholesterol (mg): 513mg
Carbohydrate (g): 457g
Dietary Fiber (g): 16g
Protein (g): 38g
Sodium (mg): 1611mg
Potassium (mg): 1343mg
Calcium (mg): 312mg
Iron (mg): 12mg
Zinc (mg): 4mg
Vitamin C (mg): 19mg
Vitamin A (i.u.): 4614IU
Vitamin A (r.e.): 1101RE

Folacin (mcg): 113mcg
Niacin (mg): 8mg
Caffeine (mg): 0mg
Alcohol (kcal): 18
% Refuse: n n%

Food Exchanges

Grain (Starch): 7
Lean Meat: 2 1/2
Vegetable: 0
Fruit: 3
Non-Fat Milk: 0
Fat: 38
Other Carbohydrates: 20 1/2

Nutrition Facts

Amount Per Serving

Calories 3702 **Calories from Fat:** 1770

% Daily Values*

Total Fat	202g	310%
Saturated Fat	84g	421%
Cholesterol	513mg	171%
Sodium	1611mg	67%
Total Carbohydrates	457g	152%
Dietary Fiber	16g	64%
Protein	38g	
Vitamin A		92%
Vitamin C		31%
Calcium		31%
Iron		69%

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