

Black Russian Cake

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

1 box yellow cake mix
1 small box instant chocolate pudding mix
4 eggs
1 cup oil
3/4 cup water
1/4 cup vodka
1/4 cup Kahlua
FROSTING
1/4 cup sugar
1 tablespoon water
1 tablespoon Kahlua
1 tablespoon vodka
1 tablespoon butter

Preheat the oven to 350 degrees.

In a bowl, mix all of the cake ingredients. Beat for 5 minutes.

Pour the batter into a Bundt or angel food pan.

Bake for 50 to 60 minutes.

For the frosting: In a saucepan, mix all of the frosting ingredients. Bring to a boil. Pour over the warm cake. Let cool.

Per Serving (excluding unknown items): 5206 Calories; 310g Fat (56.1% calories from fat); 48g Protein; 496g Carbohydrate; 6g Dietary Fiber; 889mg Cholesterol; 3811mg Sodium. Exchanges: 3 Lean Meat; 60 Fat; 30 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	5206	Vitamin B6 (mg):	.7mg
% Calories from Fat:	56.1%	Vitamin B12 (mcg):	3.1mcg
% Calories from Carbohydrates:	40.0%	Thiamin B1 (mg):	1.1mg
% Calories from Protein:	3.9%	Riboflavin B2 (mg):	2.0mg
Total Fat (g):	310g	Folacin (mcg):	438mcg
Saturated Fat (g):	48g	Niacin (mg):	9mg
Monounsaturated Fat (g):	165g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	72g	Alcohol (kcal):	453
Cholesterol (mg):	889mg	% Refuse:	0.0%
Carbohydrate (g):	496g		

Food Exchanges

Dietary Fiber (g): 6g
Protein (g): 48g
Sodium (mg): 3811mg
Potassium (mg): 724mg
Calcium (mg): 810mg
Iron (mg): 12mg
Zinc (mg): 4mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 1415IU
Vitamin A (r.e.): 388RE

Grain (Starch): 0
Lean Meat: 3
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 60
Other Carbohydrates: 30 1/2

Nutrition Facts

Amount Per Serving

Calories 5206 Calories from Fat: 2923

% Daily Values*

Total Fat	310g		476%
Saturated Fat	48g		238%
Cholesterol	889mg		296%
Sodium	3811mg		159%
Total Carbohydrates	496g		165%
Dietary Fiber	6g		23%
Protein	48g		
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Vitamin A			28%
Vitamin C			2%
Calcium			81%
Iron			65%

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