

# Butter Brickle Loaf Cake

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Three Sisters Cookbook - Alexander City, AL

## Yield: 2 loaf cakes

1 cup pecans, chopped  
1 package (18.5 ounce) yellow cake mix  
1 package (3.4 ounce) vanilla instant pudding mix  
4 large eggs  
3/4 cup water  
1/2 cup vegetable oil  
1/2 teaspoon butter flavoring  
1 cup almond brickle chips

Preheat the oven to 350 degrees.

Bake the pecans on a baking sheet for 5 minutes or until toasted, stirring once. Set aside.

In a bowl, beat the cake mix, pudding mix, eggs, water, vegetable oil and butter flavoring at medium speed with an electric mixer for 5 minutes.

Stir in the almond brickle chips until just blended. Sprinkle the toasted chopped pecans evenly over the bottom of two lightly greased 9x5-inch loaf pans. Pour the cake batter evenly over the pecans.

Bake for 55 minutes or until a wooden pick inserted in the center comes out clean.

Cool in the pans on a wire rack for 10 minutes.. Remove from the pans and cool completely.

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Per Serving (excluding unknown items): 4215 Calories; 262g Fat (55.0% calories from fat); 56g Protein; 425g Carbohydrate; 14g Dietary Fiber; 858mg Cholesterol; 3686mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 1/2 Lean Meat; 50 Fat; 27 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	4215	Vitamin B6 (mg):	.9mg
% Calories from Fat:	55.0%	Vitamin B12 (mcg):	3.1mcg
% Calories from Carbohydrates:	39.7%	Thiamin B1 (mg):	2.1mg

% Calories from Protein: 5.3%  
 Total Fat (g): 262g  
 Saturated Fat (g): 34g  
 Monounsaturated Fat (g): 143g  
 Polyunsaturated Fat (g): 67g  
 Cholesterol (mg): 858mg  
 Carbohydrate (g): 425g  
 Dietary Fiber (g): 14g  
 Protein (g): 56g  
 Sodium (mg): 3686mg  
 Potassium (mg): 1116mg  
 Calcium (mg): 845mg  
 Iron (mg): 14mg  
 Zinc (mg): 10mg  
 Vitamin C (mg): 3mg  
 Vitamin A (i.u.): 1119IU  
 Vitamin A (r.e.): 294 1/2RE

Riboflavin B2 (mg): 2.1mg  
 Folic Acid (mcg): 480mcg  
 Niacin (mg): 10mg  
 Caffeine (mg): 0mg  
 Alcohol (kcal): 0  
 % Refused: n n%

### Food Exchanges

Grain (Starch): 1 1/2  
 Lean Meat: 3 1/2  
 Vegetable: 0  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 50  
 Other Carbohydrates: 27

## Nutrition Facts

### Amount Per Serving

**Calories** 4215                      **Calories from Fat:** 2320

### % Daily Values\*

<b>Total Fat</b> 262g	403%
Saturated Fat 34g	168%
<b>Cholesterol</b> 858mg	286%
<b>Sodium</b> 3686mg	154%
<b>Total Carbohydrates</b> 425g	142%
Dietary Fiber 14g	56%
<b>Protein</b> 56g	
<b>Vitamin A</b>	22%
<b>Vitamin C</b>	5%
<b>Calcium</b>	84%
<b>Iron</b>	76%

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