

Butterscotch Cake

Susan Bayne

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

CAKE

1 box white cake mix
 1 1/3 cups milk
 1/3 cup vegetable oil or melted butter
 3 eggs
 1 cup shredded coconut
 1 cup butterscotch chips
 1 cup sliced almonds

TOPPING

1/4 cup sugar
 1 tablespoon butter
 1 or 2 tablespoons milk
 coconut
 almonds

Preheat the oven to 350 degrees.

In a medium size bowl, blend together the milk, vegetable oil and eggs until creamy. Blend in the cake mix. Stir in the coconut, chips and almonds. Place the batter in a baking pan.

Bake for one hour or until cooked.

For the topping: In a saucepan, stir together the sugar and butter, Heat on the burner until slightly brown. Stir in the milk and coconut and almonds.

Per Serving (excluding unknown items): 3913 Calories; 167g Fat (37.3% calories from fat); 84g Protein; 546g Carbohydrate; 13g Dietary Fiber; 760mg Cholesterol; 3071mg Sodium. Exchanges: 1 1/2 Grain(Starch); 6 Lean Meat; 2 1/2 Non-Fat Milk; 29 1/2 Fat; 32 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	3913
% Calories from Fat:	37.3%
% Calories from Carbohydrates:	54.4%
% Calories from Protein:	8.3%
Total Fat (g):	167g
Saturated Fat (g):	39g
Monounsaturated Fat (g):	81g
Polyunsaturated Fat (g):	34g
Cholesterol (mg):	760mg
Carbohydrate (g):	546g

Vitamin B6 (mg):	.7mg
Vitamin B12 (mcg):	4.6mcg
Thiamin B1 (mg):	1.4mg
Riboflavin B2 (mg):	3.3mg
Folacin (mcg):	328mcg
Niacin (mg):	9mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 13g
Protein (g): 84g
Sodium (mg): 3071mg
Potassium (mg): 2580mg
Calcium (mg): 1811mg
Iron (mg): 13mg
Zinc (mg): 10mg
Vitamin C (mg): 7mg
Vitamin A (i.u.): 2125IU
Vitamin A (r.e.): 557RE

Grain (Starch): 1 1/2
Lean Meat: 6
Vegetable: 0
Fruit: 0
Non-Fat Milk: 2 1/2
Fat: 29 1/2
Other Carbohydrates: 32 1/2

Nutrition Facts

Amount Per Serving

Calories 3913 **Calories from Fat:** 1460

% Daily Values*

Total Fat 167g	256%
Saturated Fat 39g	193%
Cholesterol 760mg	253%
Sodium 3071mg	128%
Total Carbohydrates 546g	182%
Dietary Fiber 13g	52%
Protein 84g	
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Vitamin A	43%
Vitamin C	12%
Calcium	181%
Iron	75%

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