

Cherry Pineapple Cake

4 cups pecans or walnuts
2 Cherry-Pineapple Mix
1 3/4 cups all-purpose flour
1/2 pound butter
1 cup sugar
5 large eggs
1/2 teaspoon baking powder
1 teaspoon vanilla extract
1 teaspoon lemon extract

Chop the fruit and nuts. Dredge with 1/4 cup of flour.

In a bowl, cream together the butter and sugar until light and fluffy. Add the eggs, one at a time, beating well after each one.

In a bowl, combine the flour and baking powder. Mix into the butter mixture. Stir in the vanilla, lemon extract, fruit and nuts.

Grease a ten-inch tube pan or two-loaf pans, pour the batter into the prepared pan. Place in a cold oven.

Bake at 250 degrees for two hours if using a tube pan (or one hour and 30 minutes for loaf pans). Check the cakes as baking times vary.

Cool in the pan.

Per Serving (excluding unknown items): 3587 Calories; 211g Fat (52.7% calories from fat); 56g Protein; 371g Carbohydrate; 6g Dietary Fiber; 1557mg Cholesterol; 2475mg Sodium. Exchanges: 11 Grain(Starch); 4 Lean Meat; 39 Fat; 13 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	3587	Vitamin B6 (mg):	.4mg
% Calories from Fat:	52.7%	Vitamin B12 (mcg):	3.5mcg
% Calories from Carbohydrates:	41.1%	Thiamin B1 (mg):	1.9mg
% Calories from Protein:	6.2%	Riboflavin B2 (mg):	2.4mg
Total Fat (g):	211g	Folacin (mcg):	463mcg
Saturated Fat (g):	123g	Niacin (mg):	13mg
			0mg

Monounsaturated Fat (g): 63g
Polyunsaturated Fat (g): 11g
Cholesterol (mg): 1557mg
Carbohydrate (g): 371g
Dietary Fiber (g): 6g
Protein (g): 56g
Sodium (mg): 2475mg
Potassium (mg): 633mg
Calcium (mg): 354mg
Iron (mg): 15mg
Zinc (mg): 4mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 8162IU
Vitamin A (r.e.): 2068 1/2RE

Caffeine (mg):
Alcohol (kcal): 13
% Refused: n n%

Food Exchanges

Grain (Starch): 11
Lean Meat: 4
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 39
Other Carbohydrates: 13 1/2

Nutrition Facts

Amount Per Serving

Calories 3587 **Calories from Fat:** 1890

% Daily Values*

Total Fat 211g	325%
Saturated Fat 123g	614%
Cholesterol 1557mg	519%
Sodium 2475mg	103%
Total Carbohydrates 371g	124%
Dietary Fiber 6g	24%
Protein 56g	
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Vitamin A	163%
Vitamin C	0%
Calcium	35%
Iron	86%

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