

Chocolate Pound Cake

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

Servings: 12

1 1/2 cups butter or margarine
3 cups sugar
5 eggs
1/4 teaspoon baking powder
1/2 teaspoon salt
3 cups all-purpose flour
1/2 cup cocoa
1 cup milk
1 teaspoon vanilla
CHOCOLATE ICING
1/2 cup butter
3 ounces unsweetened chocolate
1/3 cup evaporated milk
1 box confectioner's sugar
1 teaspoon vanilla

Preheat the oven to 300 degrees.

Grease and flour a nine-inch tube pan.

In a bowl, cream the butter and sugar. Beat in the eggs, one at a time.

In a bowl, sift together the baking powder, salt, flour and cocoa. Add the dry ingredients alternately with the milk to the egg mixture. Stir in the vanilla. Pour the batter into the prepared pan.

Bake for one hour and 20 minutes. Cool.

For the chocolate icing: In a saucepan, melt the butter and chocolate over low heat. In a bowl, beat together the milk and sugar. Gradually add the melted chocolate mixture. Add the vanilla and beat until smooth. Cool slightly until thick enough to ice the cake.

The cake is also good if served with no icing.

Per Serving (excluding unknown items): 717 Calories; 39g Fat (46.9% calories from fat); 9g Protein; 90g Carbohydrate; 3g Dietary Fiber; 176mg Cholesterol; 461mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 7 1/2 Fat; 4 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	717	Vitamin B6 (mg):	.1mg
% Calories from Fat:	46.9%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	48.4%	Thiamin B1 (mg):	.3mg

% Calories from Protein: 4.7%
Total Fat (g): 39g
Saturated Fat (g): 23g
Monounsaturated Fat (g): 11g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 176mg
Carbohydrate (g): 90g
Dietary Fiber (g): 3g
Protein (g): 9g
Sodium (mg): 461mg
Potassium (mg): 238mg
Calcium (mg): 84mg
Iron (mg): 3mg
Zinc (mg): 1mg
Vitamin C (mg): trace
Vitamin A (i.u.): 1318IU
Vitamin A (r.e.): 329RE

Riboflavin B2 (mg): .3mg
Folacin (mcg): 62mcg
Niacin (mg): 2mg
Caffeine (mg): 23mg
Alcohol (kcal): 2
% Refuse: n n%

Food Exchanges

Grain (Starch): 2
Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 7 1/2
Other Carbohydrates: 4

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 717 **Calories from Fat:** 336

% Daily Values*

Total Fat	39g	59%
Saturated Fat	23g	116%
Cholesterol	176mg	59%
Sodium	461mg	19%
Total Carbohydrates	90g	30%
Dietary Fiber	3g	12%
Protein	9g	
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Vitamin A		26%
Vitamin C		1%
Calcium		8%
Iron		16%

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