

# Coconut Pound Cake

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

1/2 cup butter  
1/2 cup shortening  
1 package (8 ounce) cream cheese  
3 cups sugar  
6 eggs  
3 cups flour  
1/4 teaspoon soda  
1/4 teaspoon salt  
1 package (6 ounce) frozen coconut  
1 teaspoon vanilla  
1 teaspoon coconut flavoring

Preheat the oven to 325 degrees.

In a bowl, cream the butter, shortening and cream cheese. Gradually add the sugar. Beat well. Add the eggs, one at a time, beating after each addition.

In a bowl, mix the flour, soda and salt. Blend well. Add the vanilla and coconut flavoring. Fold in the frozen coconut.

Grease and flour a cake pan. Pour the batter into the pan.

Bake for one and one-half hours.

Cool in the pan for 10 to 15 minutes.

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Per Serving (excluding unknown items): 6672 Calories; 309g Fat (41.2% calories from fat); 95g Protein; 895g Carbohydrate; 11g Dietary Fiber; 1775mg Cholesterol; 2589mg Sodium. Exchanges: 19 Grain(Starch); 7 1/2 Lean Meat; 56 Fat; 40 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	6672	<b>Vitamin B6 (mg):</b>	.7mg
<b>% Calories from Fat:</b>	41.2%	<b>Vitamin B12 (mcg):</b>	5.0mcg
<b>% Calories from Carbohydrates:</b>	53.1%	<b>Thiamin B1 (mg):</b>	3.2mg
<b>% Calories from Protein:</b>	5.6%	<b>Riboflavin B2 (mg):</b>	3.8mg
<b>Total Fat (g):</b>	309g	<b>Folacin (mcg):</b>	275mcg
<b>Saturated Fat (g):</b>	144g	<b>Niacin (mg):</b>	23mg
<b>Monounsaturated Fat (g):</b>	107g	<b>Caffeine (mg):</b>	0mg

Polyunsaturated Fat (g):	39g
Cholesterol (mg):	1775mg
Carbohydrate (g):	895g
Dietary Fiber (g):	11g
Protein (g):	95g
Sodium (mg):	2589mg
Potassium (mg):	1122mg
Calcium (mg):	434mg
Iron (mg):	26mg
Zinc (mg):	7mg
Vitamin C (mg):	0mg
Vitamin A (i.u.):	8242IU
Vitamin A (r.e.):	2276RE

Alcohol (kcal):	13
% Refuse:	0.0%

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### Food Exchanges

Grain (Starch):	19
Lean Meat:	7 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	56
Other Carbohydrates:	40

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## Nutrition Facts

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### Amount Per Serving

Calories	6672	Calories from Fat: 2751
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### % Daily Values\*

<b>Total Fat</b>	309g	475%
Saturated Fat	144g	719%
<b>Cholesterol</b>	1775mg	592%
<b>Sodium</b>	2589mg	108%
<b>Total Carbohydrates</b>	895g	298%
Dietary Fiber	11g	43%
<b>Protein</b>	95g	
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<b>Vitamin A</b>		165%
<b>Vitamin C</b>		0%
<b>Calcium</b>		43%
<b>Iron</b>		146%

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