

# Coconut Sour Cream Cake

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

*1 package butter flavor cake mix  
2 cups sugar  
1 container (8 ounce) sour cream  
1 package frozen coconut, thawed  
1 1/2 cups Cool Whip Lite®*

Prepare the cake according to package directions making two eight-inch layers. Split both layers horizontally after they have cooled.

In a bowl, blend the sugar, sour cream and coconut. Chill.

Spread all but one cup of the sour cream mixture between the four layers.

In a bowl, blend the remaining sour cream mixture with the Cool Whip. Spread on the top and sides of the cake.

Seal in an airtight container and refrigerate for two to three days. Keep refrigerated after cutting.

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Per Serving (excluding unknown items): 2281 Calories; 60g Fat (23.5% calories from fat); 7g Protein; 433g Carbohydrate; 0g Dietary Fiber; 102mg Cholesterol; 199mg Sodium. Exchanges: 1/2 Non-Fat Milk; 12 Fat; 28 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	2281	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	23.5%	<b>Vitamin B12 (mcg):</b>	.7mcg
<b>% Calories from Carbohydrates:</b>	75.2%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	1.3%	<b>Riboflavin B2 (mg):</b>	.4mg
<b>Total Fat (g):</b>	60g	<b>Folacin (mcg):</b>	25mcg
<b>Saturated Fat (g):</b>	30g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	14g	<b>Caffeine (mg):</b>	0mg

**Polyunsaturated Fat (g):** 2g  
**Cholesterol (mg):** 102mg  
**Carbohydrate (g):** 433g  
**Dietary Fiber (g):** 0g  
**Protein (g):** 7g  
**Sodium (mg):** 199mg  
**Potassium (mg):** 435mg  
**Calcium (mg):** 283mg  
**Iron (mg):** trace  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 2mg  
**Vitamin A (i.u.):** 2241IU  
**Vitamin A (r.e.):** 673RE

**Alcohol (kcal):** 0  
**% Refuse:** 00%

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### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 1/2  
**Fat:** 12  
**Other Carbohydrates:** 28

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## Nutrition Facts

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### Amount Per Serving

**Calories** 2281                      **Calories from Fat:** 536

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### % Daily Values\*

<b>Total Fat</b> 60g	93%
Saturated Fat 30g	150%
<b>Cholesterol</b> 102mg	34%
<b>Sodium</b> 199mg	8%
<b>Total Carbohydrates</b> 433g	144%
Dietary Fiber 0g	0%
<b>Protein</b> 7g	
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<b>Vitamin A</b>	45%
<b>Vitamin C</b>	3%
<b>Calcium</b>	28%
<b>Iron</b>	2%

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