

Dawn's Orange Slice Cake

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

- 2 cups white sugar
- 4 eggs
- 4 cups flour, divided
- 1 cup butter or shortening
- 1 teaspoon vanilla
- 1 teaspoon soda
- 1 1/4 cups buttermilk
- 2 packages (one pound ea) dates
- 1 pound orange slice candy
- 2 cups pecans, coarsely chopped

Preheat the oven to 250 to 300 degrees.

Cut up the candy, dates and pecans.

In a bowl, mix the candy, dates and pecans with one cup of flour. Mix thoroughly.

In a bowl, mix the sugar, eggs, remaining flour, butter, soda and buttermilk. Add the vanilla and fruit mixture. Pour the batter into a tube pan.

Bake for one and one-half to two hours. Place a pan of water in the oven while baking.

Per Serving (excluding unknown items): 3739 Calories; 174g Fat (41.3% calories from fat); 104g Protein; 451g Carbohydrate; 32g Dietary Fiber; 859mg Cholesterol; 614mg Sodium. Exchanges: 27 1/2 Grain(Starch); 4 1/2 Lean Meat; 1 Fruit; 1 Non-Fat Milk; 30 Fat.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	3739	Vitamin B6 (mg):	1.0mg
% Calories from Fat:	41.3%	Vitamin B12 (mcg):	3.3mcg
% Calories from Carbohydrates:	47.7%	Thiamin B1 (mg):	6.0mg
% Calories from Protein:	11.0%	Riboflavin B2 (mg):	4.1mg
Total Fat (g):	174g	Folacin (mcg):	328mcg
Saturated Fat (g):	20g	Niacin (mg):	32mg
Monounsaturated Fat (g):	100g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	41g	Alcohol (kcal):	13
Cholesterol (mg):	859mg	% Deficit:	0.0%
Carbohydrate (g):	451g		
	32g		

Food Exchanges

27 1/2

Dietary Fiber (g):
Protein (g): 104g
Sodium (mg): 614mg
Potassium (mg): 2221mg
Calcium (mg): 619mg
Iron (mg): 32mg
Zinc (mg): 19mg
Vitamin C (mg): 7mg
Vitamin A (i.u.): 1362IU
Vitamin A (r.e.): 333 1/2RE

Grain (Starch):
Lean Meat: 4 1/2
Vegetable: 0
Fruit: 1
Non-Fat Milk: 1
Fat: 30
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 3739 **Calories from Fat:** 1545

% Daily Values*

Total Fat 174g	267%
Saturated Fat 20g	102%
Cholesterol 859mg	286%
Sodium 614mg	26%
Total Carbohydrates 451g	150%
Dietary Fiber 32g	128%
Protein 104g	
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Vitamin A	27%
Vitamin C	12%
Calcium	62%
Iron	177%

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