

Eggnog Cake

Mrs. A. Hays Town Jr

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 20

1 cup butter
1 package (16 ounce) powdered sugar
5 eggs
5 tablespoons bourbon
1 cup chopped nuts
3 packages (3 ounce ea) plain ladyfingers
1/2 pint whipping cream
2 teaspoons sugar

In a bowl, cream the butter and sugar. Separate the eggs. Add the bourbon to the egg yolks. Beat well. Add the egg yolk mixture to the creamed butter and sugar. Add the pecans.

Beat the egg whites and gently fold them into the batter.

Line the bottom and sides of a nine-inch spring-mold pan (with a hole) with ladyfinger halves. Pour the batter into the pan. Cover the top with ladyfinger halves.

Refrigerate for twenty-four hours.

Prior to serving, remove the cake from the pan. Frost with whipped cream that has been whipped with the sugar.

Serve thinly sliced.

Per Serving (excluding unknown items): 218 Calories; 19g Fat (78.7% calories from fat); 3g Protein; 8g Carbohydrate; 1g Dietary Fiber; 94mg Cholesterol; 117mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 3 1/2 Fat; 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	218	Vitamin B6 (mg):	trace
% Calories from Fat:	78.7%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	15.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	5.8%	Riboflavin B2 (mg):	.1mg

Total Fat (g): 19g
Saturated Fat (g): 9g
Monounsaturated Fat (g): 7g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 94mg
Carbohydrate (g): 8g
Dietary Fiber (g): 1g
Protein (g): 3g
Sodium (mg): 117mg
Potassium (mg): 70mg
Calcium (mg): 25mg
Iron (mg): trace
Zinc (mg): 1mg
Vitamin C (mg): trace
Vitamin A (i.u.): 584IU
Vitamin A (r.e.): 153 1/2RE

Folacin (mcg): 13mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 9
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 3 1/2
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 20

Amount Per Serving

Calories 218 **Calories from Fat:** 172

% Daily Values*

Total Fat 19g	29%
Saturated Fat 9g	47%
Cholesterol 94mg	31%
Sodium 117mg	5%
Total Carbohydrates 8g	3%
Dietary Fiber 1g	3%
Protein 3g	
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Vitamin A	12%
Vitamin C	0%
Calcium	2%
Iron	3%

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