

Fresh Apple Cake II

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

2 cups sugar
1 1/2 cups oil
2 teaspoons vanilla
2 eggs, well beaten
1 teaspoon salt
juice of 1/2 lemon
1 1/4 cups soda
3 cups flour
1 cup chopped dates
2 cups tart apples, chopped
1 1/2 to 2 cups pecans, chopped
GLAZE
1 cup brown sugar
1/2 stick butter
1/4 cup milk

Preheat the oven to 325 degrees.

In a mixing bowl, combine the sugar, oil, vanilla, lemon juice and salt. Add the eggs and beat well.

In a bowl, mix the flour and soda. Add to the egg mixture and beat well.

Add the apples, dates and nuts. Mix well. The batter will be very thick. Mix by hand. Pour the batter into a Bundt or tube cake pan.

Bake for one and one-half hours.

To make the glaze: In a saucepan, mix the brown sugar, butter and milk. Bring to a boil. Cool and beat. Spread over the cooled cake.

Per Serving (excluding unknown items): 8635 Calories; 499g Fat (50.8% calories from fat); 71g Protein; 1019g Carbohydrate; 41g Dietary Fiber; 556mg Cholesterol; 2849mg Sodium. Exchanges: 20 1/2 Grain(Starch); 2 1/2 Lean Meat; 10 1/2 Fruit; 0 Non-Fat Milk; 97 Fat; 36 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	8635	Vitamin B6 (mg):	1.2mg
% Calories from Fat:	50.8%	Vitamin B12 (mcg):	1.6mcg
% Calories from Carbohydrates:	46.0%	Thiamin B1 (mg):	4.7mg
% Calories from Protein:	3.2%	Riboflavin B2 (mg):	2.9mg
Total Fat (g):	499g	Folacin (mcg):	240mcg
Saturated Fat (g):	81g	Niacin (mg):	28mg

Monounsaturated Fat (g): 280g
Polyunsaturated Fat (g): 101g
Cholesterol (mg): 556mg
Carbohydrate (g): 1019g
Dietary Fiber (g): 41g
Protein (g): 71g
Sodium (mg): 2849mg
Potassium (mg): 3213mg
Calcium (mg): 460mg
Iron (mg): 28mg
Zinc (mg): 14mg
Vitamin C (mg): 13mg
Vitamin A (i.u.): 2712IU
Vitamin A (r.e.): 633 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 25
% Refused: n n%

Food Exchanges

Grain (Starch): 20 1/2
Lean Meat: 2 1/2
Vegetable: 0
Fruit: 10 1/2
Non-Fat Milk: 0
Fat: 97
Other Carbohydrates: 36

Nutrition Facts

Amount Per Serving

Calories 8635 **Calories from Fat:** 4384

% Daily Values*

Total Fat 499g	768%
Saturated Fat 81g	403%
Cholesterol 556mg	185%
Sodium 2849mg	119%
Total Carbohydrates 1019g	340%
Dietary Fiber 41g	163%
Protein 71g	
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Vitamin A	54%
Vitamin C	21%
Calcium	46%
Iron	156%

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