

Harvest Cake

The Matlick House - Bishop, CA
The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 12

2 cups sugar
3/4 cup vegetable oil
2 eggs
1 teaspoon vanilla extract
1/2 cup walnuts, chopped
1 cup dates, chopped
2 cups flour
1 cup coconut
2 teaspoons ground cinnamon
1 teaspoon baking soda
1 teaspoon salt
4 or 5 Granny Smith apples, chopped

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In a large mixing bowl, combine the sugar, oil, eggs and vanilla. Blend well. Stir in the walnuts, dates and coconut.

Sift the flour, cinnamon, baking soda and salt into a bowl. Add to the sugar and egg mixture. Blend thoroughly. Stir in the chopped apples. The batter will be gummy.

Transfer to a twelve-cup bundt pan greased and dusted with flour.

Bake until a cake tester inserted in the center comes out clean, about one hour.

Allow the cake to cool in the pan for 10 minutes. Turn out on a rack or cake plate.

Serve warm with vanilla ice cream or whipped cream.

Per Serving (excluding unknown items): 456 Calories; 20g Fat (38.2% calories from fat); 5g Protein; 67g Carbohydrate; 4g Dietary Fiber; 35mg Cholesterol; 298mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 Fruit; 3 1/2 Fat; 2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	456	Vitamin B6 (mg):	.1mg
% Calories from Fat:	38.2%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	57.4%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	4.4%	Riboflavin B2 (mg):	.2mg

Total Fat (g):	20g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	9g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	35mg
Carbohydrate (g):	67g
Dietary Fiber (g):	4g
Protein (g):	5g
Sodium (mg):	298mg
Potassium (mg):	238mg
Calcium (mg):	24mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	2mg
Vitamin A (i.u.):	85IU
Vitamin A (r.e.):	16RE

Folacin (mcg):	17mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	1
% Refuse:	n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 456 Calories from Fat: 174

% Daily Values*

Total Fat 20g	31%
Saturated Fat 4g	20%
Cholesterol 35mg	12%
Sodium 298mg	12%
Total Carbohydrates 67g	22%
Dietary Fiber 4g	15%
Protein 5g	
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Vitamin A	2%
Vitamin C	4%
Calcium	2%
Iron	10%

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