

# Heavenly Chocolate Cake

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

1 box chocolate cake mix  
1/2 cup unsweetened cocoa  
3 eggs  
1 1/3 cups water  
1 cup salad dressing  
**FROSTING**  
1/2 stick butter  
1 cup shortening  
1 box confectioner's sugar  
1/4 cup cocoa  
1 teaspoon vanilla  
1/4 cup milk

Preheat the oven to 350 degrees.

In a bowl, mix the cake mix, cocoa, eggs, water and salad dressing.

Pour the batter evenly into three layer pans.

Bake for 30 to 40 minutes. Cool.

For the frosting: In a bowl, cream the butter, shortening and confectioner's sugar. Add the cocoa, vanilla and milk. Beat until smooth. Spread on the cake.

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Per Serving (excluding unknown items): 4298 Calories; 285g Fat (57.4% calories from fat); 56g Protein; 420g Carbohydrate; 28g Dietary Fiber; 644mg Cholesterol; 3230mg Sodium. Exchanges: 1 Grain(Starch); 4 Lean Meat; 0 Non-Fat Milk; 54 Fat; 27 Other Carbohydrates.

## Desserts

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	4298
<b>% Calories from Fat:</b>	57.4%
<b>% Calories from Carbohydrates:</b>	37.6%
<b>% Calories from Protein:</b>	5.1%
<b>Total Fat (g):</b>	285g
<b>Saturated Fat (g):</b>	73g
<b>Monounsaturated Fat (g):</b>	122g
<b>Polyunsaturated Fat (g):</b>	74g
<b>Cholesterol (mg):</b>	644mg
<b>Carbohydrate (g):</b>	420g
	28g

<b>Vitamin B6 (mg):</b>	.4mg
<b>Vitamin B12 (mcg):</b>	2.2mcg
<b>Thiamin B1 (mg):</b>	.8mg
<b>Riboflavin B2 (mg):</b>	1.4mg
<b>Folacin (mcg):</b>	275mcg
<b>Niacin (mg):</b>	6mg
<b>Caffeine (mg):</b>	49mg
<b>Alcohol (kcal):</b>	13
<b>% Daily Value*</b>	0 0%

### Food Exchanges

**Dietary Fiber (g):**  
**Protein (g):** 56g  
**Sodium (mg):** 3230mg  
**Potassium (mg):** 3987mg  
**Calcium (mg):** 787mg  
**Iron (mg):** 40mg  
**Zinc (mg):** 6mg  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 824IU  
**Vitamin A (r.e.):** 233 1/2RE

**Grain (Starch):**  
**Lean Meat:** 4  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 54  
**Other Carbohydrates:** 27

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## Nutrition Facts

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### Amount Per Serving

**Calories** 4298                      **Calories from Fat:** 2466

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### % Daily Values\*

<b>Total Fat</b> 285g	438%
Saturated Fat 73g	365%
<b>Cholesterol</b> 644mg	215%
<b>Sodium</b> 3230mg	135%
<b>Total Carbohydrates</b> 420g	140%
Dietary Fiber 28g	112%
<b>Protein</b> 56g	
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<b>Vitamin A</b>	16%
<b>Vitamin C</b>	1%
<b>Calcium</b>	79%
<b>Iron</b>	222%

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