

Italian Cream cake II

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

1 stick margarine
1/2 cup vegetable shortening
2 cups sugar
5 egg yolks
2 cups all-purpose flour
1 teaspoon soda
1 cup buttermilk
1 teaspoon vanilla
1 small can flaked coconut
1 cup pecans, chopped
5 egg whites, stiffly beaten

CREAM CHEESE

FROSTING

1 package (8 ounce) cream cheese
1/2 stick margarine
1 teaspoon vanilla
1 box confectioner's sugar
1/2 cup pecans, chopped
small amount of coconut

Preheat the oven to 350 degrees.

In a bowl, cream the margarine and shortening. Add the sugar and beat until the mixture is smooth. Add the egg yolks and beat well.

In a bowl, combine the flour and soda. Add to the creamed mixture alternately with buttermilk. Stir in the vanilla. Add the coconut and nuts. Fold in the stiffly beaten egg whites. Pour into three greased eight-inch round pans.

Bake for 25 minutes or until done.

For the cream cheese frosting: In a bowl, beat the cream cheese and margarine until smooth. Add the confectioner's sugar and mix well. Add the vanilla and beat well until smooth. Add the nuts and coconut.

Spread the frosting between the layers and on the top and sides.

Per Serving (excluding unknown items): 7460 Calories; 460g Fat (54.6% calories from fat); 97g Protein; 764g Carbohydrate; 19g Dietary Fiber; 1326mg Cholesterol; 2863mg Sodium. Exchanges: 14 1/2 Grain(Starch); 7 Lean Meat; 1 Non-Fat Milk; 87 1/2 Fat; 35 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	7460	Vitamin B6 (mg):	.9mg
% Calories from Fat:	54.6%	Vitamin B12 (mcg):	4.5mcg

% Calories from Carbohydrates: 40.3%
% Calories from Protein: 5.1%
Total Fat (g): 460g
Saturated Fat (g): 134g
Monounsaturated Fat (g): 213g
Polyunsaturated Fat (g): 87g
Cholesterol (mg): 1326mg
Carbohydrate (g): 764g
Dietary Fiber (g): 19g
Protein (g): 97g
Sodium (mg): 2863mg
Potassium (mg): 1949mg
Calcium (mg): 746mg
Iron (mg): 21mg
Zinc (mg): 16mg
Vitamin C (mg): 6mg
Vitamin A (i.u.): 11266IU
Vitamin A (r.e.): 2877 1/2RE

Thiamin B1 (mg): 3.5mg
Riboflavin B2 (mg): 3.6mg
Folacin (mcg): 620mcg
Niacin (mg): 17mg
Caffeine (mg): 0mg
Alcohol (kcal): 25
% Refused: 0.0%

Food Exchanges

Grain (Starch): 14 1/2
Lean Meat: 7
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1
Fat: 87 1/2
Other Carbohydrates: 35

Nutrition Facts

Amount Per Serving

Calories 7460 **Calories from Fat:** 4071

% Daily Values*

Total Fat	460g	707%
Saturated Fat	134g	672%
Cholesterol	1326mg	442%
Sodium	2863mg	119%
Total Carbohydrates	764g	255%
Dietary Fiber	19g	76%
Protein	97g	
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Vitamin A		225%
Vitamin C		10%
Calcium		75%
Iron		118%

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