

# Jam Cake II

*The Olde Wayside Inn - West Union, OH  
The Great Country Inns of America Cookbook (2nd ed) (1992)*

## Servings: 8

*3 cups flour  
1 tablespoon unsweetened cocoa flour  
1 teaspoon salt  
1 teaspoon ground cinnamon  
1 teaspoon allspice  
1 teaspoon ground cloves  
1 teaspoon baking soda  
1/2 teaspoon ground nutmeg  
1 1/2 cups sugar  
3/4 cup vegetable shortening  
1 cup buttermilk  
3 eggs  
1 cup jam  
1 cup chopped nuts*  
ICING  
*1/2 cup butter or margarine  
1 cup brown sugar  
1/4 cup milk  
2 cups confectioner's sugar  
1 teaspoon vanilla extract*

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Preheat the oven to 350 degrees.

In a bowl, combine the flour, cocoa powder, salt, cinnamon, allspice, cloves, baking soda, nutmeg and sugar. Add the vegetable shortening and buttermilk. Beat for 2 minutes.

Add the eggs and beat for 2 minutes. Fold in the jam and nuts. Pour into two greased nine-inch cake pans.

Bake for about 25 minutes or until a cake tester inserted in the center comes out clean.

Make the icing: In a saucepan, combine the margarine and brown sugar. Bring to a boil and boil until thick. Remove from the heat and add the milk. Boil again. Add the confectioner's sugar and beat well. Stir in the vanilla.

Let the layers cool in the pans, then turn out and frost.

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Per Serving (excluding unknown items): 1031 Calories; 44g Fat (37.4% calories from fat); 12g Protein; 153g Carbohydrate; 4g Dietary Fiber; 113mg Cholesterol; 631mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 8 Fat; 7 1/2 Other Carbohydrates.

## Desserts

### Per Serving Nutritional Analysis

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Calories (kcal):	1031	Vitamin B6 (mg):	.1mg
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% Calories from Fat:	37.4%
% Calories from Carbohydrates:	58.1%
% Calories from Protein:	4.5%
Total Fat (g):	44g
Saturated Fat (g):	17g
Monounsaturated Fat (g):	18g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	113mg
Carbohydrate (g):	153g
Dietary Fiber (g):	4g
Protein (g):	12g
Sodium (mg):	631mg
Potassium (mg):	342mg
Calcium (mg):	117mg
Iron (mg):	4mg
Zinc (mg):	2mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	557IU
Vitamin A (r.e.):	140RE

Vitamin B12 (mcg):	.4mcg
Thiamin B1 (mg):	.5mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	42mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	2
% Refuse:	0.0%

### Food Exchanges

Grain (Starch):	2 1/2
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	8
Other Carbohydrates:	7 1/2

### Nutrition Facts

Servings per Recipe: 8

#### Amount Per Serving

**Calories** 1031 **Calories from Fat:** 386

#### % Daily Values\*

<b>Total Fat</b> 44g	67%
Saturated Fat 17g	87%
<b>Cholesterol</b> 113mg	38%
<b>Sodium</b> 631mg	26%
<b>Total Carbohydrates</b> 153g	51%
Dietary Fiber 4g	16%
<b>Protein</b> 12g	
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<b>Vitamin A</b>	11%
<b>Vitamin C</b>	1%
<b>Calcium</b>	12%
<b>Iron</b>	21%

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