

Jam Cake

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

- 1 cup sugar
- 1 cup Wesson oil
- 3 eggs
- 1 cup strawberry preserves
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon allspice
- 2 cups flour
- 4 tablespoons buttermilk
- 1 teaspoon salt
- 1 teaspoon soda

FILLING

- 1 small can coconut
- 3 (need 1/2 cup) lemons (rind and juice)
- 1 1/2 cups sugar
- 2 tablespoons flour

Preheat the oven to 350 degrees.

In a bowl, blend the oil and sugar. Add the eggs and preserves.

In a bowl, sift the cinnamon, nutmeg, allspice and flour together. Add the dry ingredients alternately with the buttermilk to the eggs mixture. Pour into three eight-inch layer pans.

Bake for 20 to 25 minutes.

For the filling: Grate the lemons for the rinds. Squeeze the lemons for the juice into a saucepan. Add the rinds. Add the sugar and flour. Cook for about 3 minutes (If it cooks too long it gets sugary). Remove from the heat and add the coconut. Frost the layers and pour the filling over the cake while still warm.

Per Serving (excluding unknown items): 5352 Calories; 153g Fat (24.8% calories from fat); 64g Protein; 977g Carbohydrate; 49g Dietary Fiber; 638mg Cholesterol; 2626mg Sodium. Exchanges: 13 1/2 Grain(Starch); 2 1/2 Lean Meat; 4 Fruit; 0 Non-Fat Milk; 27 1/2 Fat; 48 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	5352	Vitamin B6 (mg):	.6mg
% Calories from Fat:	24.8%	Vitamin B12 (mcg):	2.1mcg
% Calories from Carbohydrates:	70.6%	Thiamin B1 (mg):	2.5mg
% Calories from Protein:	4.6%	Riboflavin B2 (mg):	2.3mg
Total Fat (g):	153g	Folacin (mcg):	358mcg

Saturated Fat (g): 124g
Monounsaturated Fat (g): 12g
Polyunsaturated Fat (g): 5g
Cholesterol (mg): 638mg
Carbohydrate (g): 977g
Dietary Fiber (g): 49g
Protein (g): 64g
Sodium (mg): 2626mg
Potassium (mg): 2288mg
Calcium (mg): 373mg
Iron (mg): 28mg
Zinc (mg): 9mg
Vitamin C (mg): 43mg
Vitamin A (i.u.): 810IU
Vitamin A (r.e.): 220 1/2RE

Niacin (mg): 18mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 13 1/2
Lean Meat: 2 1/2
Vegetable: 0
Fruit: 4
Non-Fat Milk: 0
Fat: 27 1/2
Other Carbohydrates: 48

Nutrition Facts

Amount Per Serving

Calories 5352 **Calories from Fat:** 1328

% Daily Values*

Total Fat	153g	235%
Saturated Fat	124g	620%
Cholesterol	638mg	213%
Sodium	2626mg	109%
Total Carbohydrates	977g	326%
Dietary Fiber	49g	196%
Protein	64g	
Vitamin A		16%
Vitamin C		72%
Calcium		37%
Iron		153%

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