

Jeanette's Orange Slice Cake

Gourmet Eating in South Carolina - (1985)

2 cups pecans, chopped or sliced
8 ounces pitted dates, chopped or sliced
1 pound orange slice candy, chopped or sliced
1 can flaked coconut
1 cup butter, melted
2 cups flour
4 eggs
1 1/2 cups sugar
1 teaspoon baking soda
1/2 cup buttermilk

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Preheat the oven to 300 degrees.

In a bowl, combine the pecans, dates, candy and coconut. Pour the melted butter over the mixture. Stir. Let stand while preparing the batter.

In a bowl, beat the eggs, gradually adding the sugar. Add the flour, baking soda and buttermilk. Mix well.

Pour the nut mixture into the batter and combine. Pour the batter into a well greased tube pan.

Bake for two hours.

(This recipe can also be baked in tube pans.)

Per Serving (excluding unknown items): 6107 Calories; 354g Fat (50.5% calories from fat); 78g Protein; 704g Carbohydrate; 41g Dietary Fiber; 1349mg Cholesterol; 3557mg Sodium. Exchanges: 15 Grain(Starch); 4 1/2 Lean Meat; 11 Fruit; 1/2 Non-Fat Milk; 66 1/2 Fat; 20 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	6107	Vitamin B6 (mg):	1.1mg
% Calories from Fat:	50.5%	Vitamin B12 (mcg):	3.1mcg
% Calories from Carbohydrates:	44.6%	Thiamin B1 (mg):	4.0mg
% Calories from Protein:	4.9%	Riboflavin B2 (mg):	2.7mg
Total Fat (g):	354g	Folacin (mcg):	287mcg
Saturated Fat (g):	134g	Niacin (mg):	22mg
Monounsaturated Fat (g):	153g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	47g	Alcohol (kcal):	0

Cholesterol (mg):	1349mg
Carbohydrate (g):	704g
Dietary Fiber (g):	41g
Protein (g):	78g
Sodium (mg):	3557mg
Potassium (mg):	3111mg
Calcium (mg):	492mg
Iron (mg):	23mg
Zinc (mg):	17mg
Vitamin C (mg):	6mg
Vitamin A (i.u.):	8342IU
Vitamin A (r.e.):	2046RE

% Refuse: 0.0%

Food Exchanges

Grain (Starch):	15
Lean Meat:	4 1/2
Vegetable:	0
Fruit:	11
Non-Fat Milk:	1/2
Fat:	66 1/2
Other Carbohydrates:	20

Nutrition Facts

Amount Per Serving

Calories 6107 **Calories from Fat:** 3082

% Daily Values*

Total Fat 354g	545%
Saturated Fat 134g	669%
Cholesterol 1349mg	450%
Sodium 3557mg	148%
Total Carbohydrates 704g	235%
Dietary Fiber 41g	162%
Protein 78g	
Vitamin A	167%
Vitamin C	9%
Calcium	49%
Iron	127%

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