

# Key Lime Cake

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Church of St. Peter Council of Catholic Women - Mendota, MN (2003)

## CAKE

1 1/3 cups sugar  
2 cups all-purpose flour  
2/3 teaspoon salt  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1 package (3 ounce) lime gelatin  
5 eggs  
1 1/3 cups cooking oil  
3/4 cup orange juice  
1/2 teaspoon vanilla  
1 teaspoon lemon extract

## GLAZE

1/3 cup lime juice  
1/3 cup powdered sugar  
whipped cream (garnish)  
lime slices (garnish)

Preheat the oven to 350 degrees.

In a mixing bowl, Place the sugar, flour, salt, baking powder, baking soda and gelatin.

Add the eggs, oil, orange juice, vanilla and lemon extract. Beat until well blended. Pour the batter into an ungreased 9x13-inch pan.

Bake for 25 to 35 minutes.

Remove the cake from the oven and let stand in the pan for 15 minutes or until almost cool.

Prepare the glaze: In a bowl, combine the lime juice with the powdered sugar.

Prick the cake all over with a fork. Drizzle thoroughly with the glaze.

Refrigerate the cake.

To serve, cut into squares, top with whipped cream and garnish with lime slices.

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Per Serving (excluding unknown items): 5146 Calories; 318g Fat (55.0% calories from fat); 59g Protein; 526g Carbohydrate; 7g Dietary Fiber; 1060mg Cholesterol; 2885mg Sodium. Exchanges: 12 1/2 Grain(Starch); 4 Lean Meat; 2 Fruit; 60 Fat; 20 1/2 Other Carbohydrates.

Desserts

**Per Serving Nutritional Analysis**

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% Calories from Fat:	55.0%
% Calories from Carbohydrates:	40.5%
% Calories from Protein:	4.5%
Total Fat (g):	318g
Saturated Fat (g):	46g
Monounsaturated Fat (g):	79g
Polyunsaturated Fat (g):	176g
Cholesterol (mg):	1060mg
Carbohydrate (g):	526g
Dietary Fiber (g):	7g
Protein (g):	59g
Sodium (mg):	2885mg
Potassium (mg):	1070mg
Calcium (mg):	478mg
Iron (mg):	17mg
Zinc (mg):	5mg
Vitamin C (mg):	117mg
Vitamin A (i.u.):	1600IU
Vitamin A (r.e.):	444RE

Vitamin B12 (mcg):	3.3mcg
Thiamin B1 (mg):	2.3mg
Riboflavin B2 (mg):	2.5mg
Folacin (mcg):	614mcg
Niacin (mg):	16mg
Caffeine (mg):	0mg
Alcohol (kcal):	6
% Refuse:	0.0%

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### Food Exchanges

Grain (Starch):	12 1/2
Lean Meat:	4
Vegetable:	0
Fruit:	2
Non-Fat Milk:	0
Fat:	60
Other Carbohydrates:	20 1/2

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## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	5146	Calories from Fat:	2830
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### % Daily Values\*

<b>Total Fat</b>	318g	489%
Saturated Fat	46g	229%
<b>Cholesterol</b>	1060mg	353%
<b>Sodium</b>	2885mg	120%
<b>Total Carbohydrates</b>	526g	175%
Dietary Fiber	7g	30%
<b>Protein</b>	59g	
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<b>Vitamin A</b>		32%
<b>Vitamin C</b>		195%
<b>Calcium</b>		48%
<b>Iron</b>		96%

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