

# Lemon Velvet Cake

*Helen Cvitkovich*

*Lacare Art League - Hammond, IN (1986)*

*1 package lemon cake mix*  
*1 package Jello instant lemon*  
*pudding*  
*4 eggs, beaten*  
*3/4 cup oil*  
*3/4 cup water*  
*SAUCE*  
*2 cups powdered sugar*  
*1/3 cup orange juice*  
*2 tablespoons oil*  
*Cool Whip*

Preheat the oven to 350 degrees.

Place all of the ingredients into a mixing bowl and beat for 10 to 12 minutes.

Place the mixture into a 13x9-inch pan.

Bake for 40 minutes.

Remove from the oven and pierce the entire surface with a fork.

Make the sauce: Place the sugar, juice and oil into a bowl. Slowly beat the liquid into the sugar.

Pour the sauce over the cake while still hot.

Cool and serve with a scoop of Cool Whip.

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Per Serving (excluding unknown items): 2953 Calories; 211g Fat (63.4% calories from fat); 26g Protein; 249g Carbohydrate; trace Dietary Fiber; 848mg Cholesterol; 289mg Sodium. Exchanges: 3 Lean Meat; 1/2 Fruit; 39 1/2 Fat; 16 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	2953	<b>Vitamin B6 (mg):</b>	.3mg
<b>% Calories from Fat:</b>	63.4%	<b>Vitamin B12 (mcg):</b>	2.6mcg
<b>% Calories from Carbohydrates:</b>	33.2%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	3.4%	<b>Riboflavin B2 (mg):</b>	1.0mg
<b>Total Fat (g):</b>	211g	<b>Folacin (mcg):</b>	141mcg
<b>Saturated Fat (g):</b>	28g	<b>Niacin (mg):</b>	trace

**Monounsaturated Fat (g):** 121g  
**Polyunsaturated Fat (g):** 43g  
**Cholesterol (mg):** 848mg  
**Carbohydrate (g):** 249g  
**Dietary Fiber (g):** trace  
**Protein (g):** 26g  
**Sodium (mg):** 289mg  
**Potassium (mg):** 436mg  
**Calcium (mg):** 119mg  
**Iron (mg):** 4mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 41mg  
**Vitamin A (i.u.):** 1140IU  
**Vitamin A (r.e.):** 321RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0%

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### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 3  
**Vegetable:** 0  
**Fruit:** 1/2  
**Non-Fat Milk:** 0  
**Fat:** 39 1/2  
**Other Carbohydrates:** 16

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## Nutrition Facts

### Amount Per Serving

**Calories** 2953                      **Calories from Fat:** 1871

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### % Daily Values\*

<b>Total Fat</b> 211g	325%
Saturated Fat 28g	142%
<b>Cholesterol</b> 848mg	283%
<b>Sodium</b> 289mg	12%
<b>Total Carbohydrates</b> 249g	83%
Dietary Fiber trace	1%
<b>Protein</b> 26g	
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<b>Vitamin A</b>	23%
<b>Vitamin C</b>	68%
<b>Calcium</b>	12%
<b>Iron</b>	22%

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