

Pea-Picking Good Cake

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

1 box yellow cake mix
 1 can mandarin oranges, drain and reserve liquid
FROSTING
 12 ounces Cool Whip
 1 large can crushed pineapple in heavy syrup, drain and reserve liquid
 1 box (3 ounce) vanilla instant pudding mix
 1 cup pecans, chopped

Prepare the cake mix according to package instructions. Add the oranges. (Use the reserved juices with enough water added to make the correct amount of liquid required for the cake.

Pour the batter into three layer pans.

Bake as directed on the package.

For the frosting: In a bowl, mix the Cool Whip, pineapple, pudding mix and pecans. When the cake has cooled, frost the layers, top and sides with this mixture.

Per Serving (excluding unknown items): 2992 Calories; 133g Fat (39.2% calories from fat); 32g Protein; 433g Carbohydrate; 16g Dietary Fiber; 10mg Cholesterol; 3401mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 26 1/2 Fat; 27 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

| | |
|---------------------------------------|-------|
| Calories (kcal): | 2992 |
| % Calories from Fat: | 39.2% |
| % Calories from Carbohydrates: | 56.7% |
| % Calories from Protein: | 4.1% |
| Total Fat (g): | 133g |
| Saturated Fat (g): | 15g |
| Monounsaturated Fat (g): | 71g |
| Polyunsaturated Fat (g): | 41g |
| Cholesterol (mg): | 10mg |
| Carbohydrate (g): | 433g |

| | |
|----------------------------|--------|
| Vitamin B6 (mg): | .6mg |
| Vitamin B12 (mcg): | .5mcg |
| Thiamin B1 (mg): | 2.0mg |
| Riboflavin B2 (mg): | 1.2mg |
| Folacin (mcg): | 401mcg |
| Niacin (mg): | 10mg |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Refuse: | 0.0% |

Food Exchanges

Dietary Fiber (g): 16g
Protein (g): 32g
Sodium (mg): 3401mg
Potassium (mg): 979mg
Calcium (mg): 749mg
Iron (mg): 10mg
Zinc (mg): 7mg
Vitamin C (mg): 29mg
Vitamin A (i.u.): 916IU
Vitamin A (r.e.): 92RE

Grain (Starch): 1 1/2
Lean Meat: 1/2
Vegetable: 0
Fruit: 1/2
Non-Fat Milk: 0
Fat: 26 1/2
Other Carbohydrates: 27

Nutrition Facts

Amount Per Serving

Calories 2992 **Calories from Fat:** 1173

% Daily Values*

| | | |
|----------------------------|--------|------|
| Total Fat | 133g | 205% |
| Saturated Fat | 15g | 74% |
| Cholesterol | 10mg | 3% |
| Sodium | 3401mg | 142% |
| Total Carbohydrates | 433g | 144% |
| Dietary Fiber | 16g | 63% |
| Protein | 32g | |
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| Vitamin A | | 18% |
| Vitamin C | | 48% |
| Calcium | | 75% |
| Iron | | 56% |

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