

Rhubarb Cake

Diane McCabe

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

*1/2 cup butter
2 cups sugar
2 eggs
2 1/3 cups flour
2 teaspoons cinnamon
2 teaspoons nutmeg
2 teaspoons soda, dissolved in four
tablespoons of hot water
1/2 cup nuts, chopped
5 cups rhubarb, sliced in 1/2-inch
pieces*

Preheat the oven to 350 degrees.

Cream butter with the sugar and add the eggs.

Add the flour, cinnamon, nutmeg and soda water and mix well.

Stir in the nuts and rhubarb.

Bake for 45 to 60 minutes.

If using frozen rhubarb, use only four cups and bake for one hour.

Per Serving (excluding unknown items): 4171 Calories; 148g Fat (31.2% calories from fat); 61g Protein; 671g Carbohydrate; 30g Dietary Fiber; 672mg Cholesterol; 1121mg Sodium. Exchanges: 16 Grain(Starch); 3 Lean Meat; 2 Fruit; 26 1/2 Fat; 27 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	4171	Vitamin B6 (mg):	.6mg
% Calories from Fat:	31.2%	Vitamin B12 (mcg):	1.4mcg
% Calories from Carbohydrates:	63.0%	Thiamin B1 (mg):	2.8mg
% Calories from Protein:	5.8%	Riboflavin B2 (mg):	2.3mg
Total Fat (g):	148g	Folacin (mcg):	234mcg
Saturated Fat (g):	68g	Niacin (mg):	23mg
Monounsaturated Fat (g):	53g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	16g	Alcohol (kcal):	0
Cholesterol (mg):	672mg	% Refuse:	n n%
Carbohydrate (g):	671g		
Dietary Fiber (g):	30g	Food Exchanges	
Protein (g):	61g	Grain (Starch):	16
Sodium (mg):	1121mg	Lean Meat:	3
		Vegetable:	0

Potassium (mg): 2683mg
Calcium (mg): 790mg
Iron (mg): 21mg
Zinc (mg): 8mg
Vitamin C (mg): 50mg
Vitamin A (i.u.): 4593IU
Vitamin A (r.e.): 1062RE

Fruit: 2
Non-Fat Milk: 0
Fat: 26 1/2
Other Carbohydrates: 27

Nutrition Facts

Amount Per Serving

Calories 4171 **Calories from Fat:** 1302

% Daily Values*

Total Fat 148g	227%
Saturated Fat 68g	342%
Cholesterol 672mg	224%
Sodium 1121mg	47%
Total Carbohydrates 671g	224%
Dietary Fiber 30g	119%
Protein 61g	
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Vitamin A	92%
Vitamin C	84%
Calcium	79%
Iron	118%

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