

Rocky Road Cake

Peggy Rollins and Nicki Cowan

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 10

*1 package (12 ounce) semi-sweet
chocolate morsels
1/4 cup sugar
4 eggs, separated
1 teaspoon vanilla extract
2 cups whipping cream, whipped to
soft peaks
1 cup chopped nuts
1 ten-inch baked angel food cake,
torn into bite-sized pieces*

In the top of a double-boiler over hot, not boiling water, melt the chocolate morsels. Beat the egg yolks and stir in a little egg yolk at a time, stirring constantly and being sure that the water in the bottom pan is not boiling. Cook and stir until smooth.

Remove from the heat and stir in the vanilla. Cool slightly.

In a bowl, beat the egg whites until stiff, not dry. Add the chocolate mixture to the egg whites, a little at a time, mixing until smooth (the whites will fall). Fold in the whipped cream.

Coat the bottom of a 13x9x2-inch baking pan with non-stick cooking spray. Layer one-third of the cake batter in the bottom of the pan. Spread one-third of the chocolate mixture over the cake and sprinkle with one-third of the nuts. Repeat the layers twice, ending with the nuts.

Wrap with plastic wrap and refrigerate overnight. This dessert may be frozen if desired.

Per Serving (excluding unknown items): 302 Calories; 28g Fat (80.0% calories from fat); 6g Protein; 10g Carbohydrate; 1g Dietary Fiber; 150mg Cholesterol; 48mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 5 Fat; 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):

302

Vitamin B6 (mg):

.1mg
1

% Calories from Fat:	80.0%
% Calories from Carbohydrates:	12.4%
% Calories from Protein:	7.6%
Total Fat (g):	28g
Saturated Fat (g):	13g
Monounsaturated Fat (g):	10g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	150mg
Carbohydrate (g):	10g
Dietary Fiber (g):	1g
Protein (g):	6g
Sodium (mg):	48mg
Potassium (mg):	145mg
Calcium (mg):	57mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	trace
Vitamin A (i.u.):	800IU
Vitamin A (r.e.):	228 1/2RE

Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	23mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	1
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	5
Other Carbohydrates:	1/2

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 302 Calories from Fat: 242

% Daily Values*

Total Fat 28g	42%
Saturated Fat 13g	64%
Cholesterol 150mg	50%
Sodium 48mg	2%
Total Carbohydrates 10g	3%
Dietary Fiber 1g	6%
Protein 6g	
Vitamin A	16%
Vitamin C	1%
Calcium	6%
Iron	5%

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