

# Seven-Up Cake

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

1 box lemon supreme cake mix  
1 package pineapple or lemon instant  
pudding mix  
4 eggs  
3/4 cup cooking oil  
1 can (10 ounce) Seven-Up  
FROSTING  
1 small can crushed pineapple  
1 can Angel Flake coconut  
1 stick margarine  
1 1/2 cups sugar  
2 tablespoons flour  
3 eggs

Preheat the oven to 325 degrees.

In a mixing bowl, combine the cake mix, pudding mix, eggs, cooking oil and Seven-Up. Mix well.

Pour the batter into three nine-inch cake pans.

Bake for about 25 minutes.

For the frosting: In a saucepan, mix the pineapple, margarine, eggs, sugar and flour. Cook until thick. Remove from the heat.

Add the coconut. Spread on the cooled cake.

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Per Serving (excluding unknown items): 4213 Calories; 295g Fat (61.8% calories from fat); 49g Protein; 361g Carbohydrate; 3g Dietary Fiber; 1484mg Cholesterol; 1607mg Sodium. Exchanges: 1 Grain(Starch); 5 1/2 Lean Meat; 3 Fruit; 54 1/2 Fat; 20 Other Carbohydrates.

## Desserts

### Per Serving Nutritional Analysis

Calories (kcal):	4213	Vitamin B6 (mg):	.7mg
% Calories from Fat:	61.8%	Vitamin B12 (mcg):	4.6mcg
% Calories from Carbohydrates:	33.6%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	4.5%	Riboflavin B2 (mg):	1.9mg
Total Fat (g):	295g	Folacin (mcg):	185mcg
Saturated Fat (g):	53g	Niacin (mg):	2mg
Monounsaturated Fat (g):	96g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	129g	Alcohol (kcal):	0
Cholesterol (mg):	1484mg	% Refused:	0.0%
	361g		

### Food Exchanges

**Carbohydrate (g):**  
**Dietary Fiber (g):** 3g  
**Protein (g):** 49g  
**Sodium (mg):** 1607mg  
**Potassium (mg):** 845mg  
**Calcium (mg):** 256mg  
**Iron (mg):** 8mg  
**Zinc (mg):** 4mg  
**Vitamin C (mg):** 24mg  
**Vitamin A (i.u.):** 5838IU  
**Vitamin A (r.e.):** 1402 1/2RE

**Grain (Starch):** 1  
**Lean Meat:** 5 1/2  
**Vegetable:** 0  
**Fruit:** 3  
**Non-Fat Milk:** 0  
**Fat:** 54 1/2  
**Other Carbohydrates:** 20

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## Nutrition Facts

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### Amount Per Serving

**Calories** 4213                      **Calories from Fat:** 2605

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### % Daily Values\*

<b>Total Fat</b> 295g	453%
Saturated Fat 53g	265%
<b>Cholesterol</b> 1484mg	495%
<b>Sodium</b> 1607mg	67%
<b>Total Carbohydrates</b> 361g	120%
Dietary Fiber 3g	13%
<b>Protein</b> 49g	
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<b>Vitamin A</b>	117%
<b>Vitamin C</b>	40%
<b>Calcium</b>	26%
<b>Iron</b>	45%

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