

# Sour Cream Pound Cake II

Mrs. Norman Saurage Jr

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

## CAKE

1 cup margarine

3 cups sugar

6 eggs, separated

3 cups flour

1/4 teaspoon baking soda

1 1/2 cups sour cream

1 teaspoon lemon extract

## ICING

2 cups sifted powdered sugar

1/2 can (6 ounce) frozen

concentrated orange juice, thawed

Preheat the oven to 300 degrees.

In a bowl, cream the margarine and sugar. Add the egg yolks, one at a time.

In a bowl, sift together the flour and baking soda. Add the flour to the mixture, alternately, with the sour cream; first the flour then the sour cream and ending with flour. Add the lemon extract.

Beat the egg whites until stiff. Fold into the mixture with a rubber spatula.

Grease and flour a bundt or tube pan (if the pan is teflon, just grease).

Bake for 1-1/2 hours.

Remove the pan from the oven and let stand for 10 minutes. Invert the pan onto a cake plate. Let the cake cool completely before icing.

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Per Serving (excluding unknown items): 7278 Calories; 288g Fat (35.2% calories from fat); 89g Protein; 1104g Carbohydrate; 11g Dietary Fiber; 1425mg Cholesterol; 3066mg Sodium. Exchanges: 19 Grain(Starch); 5 Lean Meat; 1 Non-Fat Milk; 53 Fat; 53 1/2 Other Carbohydrates.

## Desserts

### Per Serving Nutritional Analysis

Calories (kcal):	7278	Vitamin B6 (mg):	.6mg
% Calories from Fat:	35.2%	Vitamin B12 (mcg):	5.1mcg
% Calories from Carbohydrates:	60.0%	Thiamin B1 (mg):	3.3mg

% Calories from Protein: 4.9%  
 Total Fat (g): 288g  
 Saturated Fat (g): 87g  
 Monounsaturated Fat (g): 120g  
 Polyunsaturated Fat (g): 63g  
 Cholesterol (mg): 1425mg  
 Carbohydrate (g): 1104g  
 Dietary Fiber (g): 11g  
 Protein (g): 89g  
 Sodium (mg): 3066mg  
 Potassium (mg): 1412mg  
 Calcium (mg): 689mg  
 Iron (mg): 24mg  
 Zinc (mg): 7mg  
 Vitamin C (mg): 3mg  
 Vitamin A (i.u.): 12260IU  
 Vitamin A (r.e.): 3043 1/2RE

Riboflavin B2 (mg): 4.0mg  
 Folic Acid (mcg): 281mcg  
 Niacin (mg): 23mg  
 Caffeine (mg): 0mg  
 Alcohol (kcal): 0  
 % Refused: n n%

### Food Exchanges

Grain (Starch): 19  
 Lean Meat: 5  
 Vegetable: 0  
 Fruit: 0  
 Non-Fat Milk: 1  
 Fat: 53  
 Other Carbohydrates: 53 1/2

## Nutrition Facts

### Amount Per Serving

**Calories** 7278                      Calories from Fat: 2561

### % Daily Values\*

<b>Total Fat</b>	288g	443%
Saturated Fat	87g	433%
<b>Cholesterol</b>	1425mg	475%
<b>Sodium</b>	3066mg	128%
<b>Total Carbohydrates</b>	1104g	368%
Dietary Fiber	11g	43%
<b>Protein</b>	89g	
<b>Vitamin A</b>		245%
<b>Vitamin C</b>		6%
<b>Calcium</b>		69%
<b>Iron</b>		131%

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