

# Turtle Cake

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

## Servings: 12

1 German chocolate cake mix with pudding  
1 can sweetened condensed milk  
2 sticks butter, melted  
1 bag (14 ounce) Kraft caramels  
1/2 cup nuts, chopped  
1 can milk chocolate frosting

Preheat the oven to 350 degrees.

Mix the cake as directed on the box. Divide the batter. To the first half of the batter, add one-half the can of condensed milk and one stick of melted butter. Pour the batter into a greased and floured 13x9-inch pan.

Bake for 20 minutes.

Unwrap the caramels and mix with the remaining condensed milk and one stick of butter. Melt. (This can be done in a microwave oven.) Pour over the baked layer of the cake.

Pour the remaining batter over the caramels.

Bake another 20 minutes or until the cake tests as done.

---

Per Serving (excluding unknown items): 254 Calories; 21g Fat (71.9% calories from fat); 3g Protein; 15g Carbohydrate; 1g Dietary Fiber; 50mg Cholesterol; 189mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 4 Fat; 1 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	254	Vitamin B6 (mg):	trace
% Calories from Fat:	71.9%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	23.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	4.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	21g	Folacin (mcg):	8mcg

**Saturated Fat (g):** 11g  
**Monounsaturated Fat (g):** 7g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 50mg  
**Carbohydrate (g):** 15g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 3g  
**Sodium (mg):** 189mg  
**Potassium (mg):** 134mg  
**Calcium (mg):** 83mg  
**Iron (mg):** trace  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 663IU  
**Vitamin A (r.e.):** 168 1/2RE

**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** n n%

### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 4  
**Other Carbohydrates:** 1

## Nutrition Facts

Servings per Recipe: 12

### Amount Per Serving

**Calories** 254 **Calories from Fat:** 183

#### % Daily Values\*

<b>Total Fat</b>	21g	32%
Saturated Fat	11g	57%
<b>Cholesterol</b>	50mg	17%
<b>Sodium</b>	189mg	8%
<b>Total Carbohydrates</b>	15g	5%
Dietary Fiber	1g	2%
<b>Protein</b>	3g	
<hr/>		
<b>Vitamin A</b>		13%
<b>Vitamin C</b>		1%
<b>Calcium</b>		8%
<b>Iron</b>		1%

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