

Watergate Cake

Mary Chevalier

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

CAKE

1 package white cake mix
3 eggs
1 cup oil
1 package (3 ounce) pistachio instant pudding
1 cup club soda or tonic water

FROSTING

1 1/4 cups milk
1 package (3 ounce) pistachio instant pudding
1 container (9 ounce) Cool Whip Lite®, thawed

Preheat the oven to 350 degrees.

For the cake: In a bowl, mix all of the ingredients together and beat for 4 minutes.

Place the batter in a 9x13-inch greased and floured pan.

Bake for 30 to 35 minutes.

Prepare the frosting: In a bowl, mix the milk and pudding mix until thick and smooth. Fold in the Cool Whip.

Spread the frosting on top of the cake.

Per Serving (excluding unknown items): 3872 Calories; 283g Fat (65.1% calories from fat); 45g Protein; 296g Carbohydrate; 3g Dietary Fiber; 677mg Cholesterol; 2740mg Sodium. Exchanges: 2 1/2 Lean Meat; 1 Non-Fat Milk; 54 1/2 Fat; 18 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	3872	Vitamin B6 (mg):	.4mg
% Calories from Fat:	65.1%	Vitamin B12 (mcg):	3.7mcg
% Calories from Carbohydrates:	30.3%	Thiamin B1 (mg):	1.1mg
% Calories from Protein:	4.6%	Riboflavin B2 (mg):	1.9mg
Total Fat (g):	283g	Folacin (mcg):	259mcg
Saturated Fat (g):	42g	Niacin (mg):	4mg
Monounsaturated Fat (g):	154g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	63g	Alcohol (kcal):	0
Cholesterol (mg):	677mg	% Refuse:	0.0%

Carbohydrate (g): 296g
Dietary Fiber (g): 3g
Protein (g): 45g
Sodium (mg): 2740mg
Potassium (mg): 1086mg
Calcium (mg): 1130mg
Iron (mg): 8mg
Zinc (mg): 4mg
Vitamin C (mg): 4mg
Vitamin A (i.u.): 1141IU
Vitamin A (r.e.): 331RE

Food Exchanges

Grain (Starch): 0
Lean Meat: 2 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1
Fat: 54 1/2
Other Carbohydrates: 18 1/2

Nutrition Facts

Amount Per Serving

Calories 3872 **Calories from Fat:** 2521

% Daily Values*

Total Fat 283g	435%
Saturated Fat 42g	211%
Cholesterol 677mg	226%
Sodium 2740mg	114%
Total Carbohydrates 296g	99%
Dietary Fiber 3g	13%
Protein 45g	
<hr/>	
Vitamin A	23%
Vitamin C	7%
Calcium	113%
Iron	44%

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