

# Wine Cake

Mrs. Don R. McAdams

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

## CAKE

4 eggs

3/4 cup salad oil

3/4 cup sangria or sherry

1 box yellow cake mix

1 box (3-3/4 ounce) instant vanilla

pudding

1 teaspoon nutmeg (optional)

## GLAZE

2 tablespoons butter, melted

3/4 cup powdered sugar, sifted

3 tablespoons sangria or sherry

Preheat the oven to 350 degrees.

In a bowl, beat the eggs with a fork until foamy. Add the oil and wine. Add the cake mix, pudding and nutmeg, if desired. Mix with an electric mixer on low speed.

Pour the batter into a greased and floured tube or bundt pan.

Bake for 40 minutes or until done. Cool for 5 minutes and remove from the pan.

Make the glaze: In a bowl, beat the butter and sugar. Slowly add the wine to the mixture while beating.

Glaze the cake while still hot.

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Per Serving (excluding unknown items): 4530 Calories; 266g Fat (52.5% calories from fat); 48g Protein; 495g Carbohydrate; 6g Dietary Fiber; 920mg Cholesterol; 3914mg Sodium. Exchanges: 3 Lean Meat; 51 1/2 Fat; 33 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	4530	<b>Vitamin B6 (mg):</b>	.7mg
<b>% Calories from Fat:</b>	52.5%	<b>Vitamin B12 (mcg):</b>	3.1mcg
<b>% Calories from Carbohydrates:</b>	43.3%	<b>Thiamin B1 (mg):</b>	1.1mg
<b>% Calories from Protein:</b>	4.2%	<b>Riboflavin B2 (mg):</b>	2.0mg
<b>Total Fat (g):</b>	266g	<b>Folacin (mcg):</b>	438mcg
<b>Saturated Fat (g):</b>	48g	<b>Niacin (mg):</b>	9mg

**Monounsaturated Fat (g):** 136g  
**Polyunsaturated Fat (g):** 61g  
**Cholesterol (mg):** 920mg  
**Carbohydrate (g):** 495g  
**Dietary Fiber (g):** 6g  
**Protein (g):** 48g  
**Sodium (mg):** 3914mg  
**Potassium (mg):** 701mg  
**Calcium (mg):** 810mg  
**Iron (mg):** 12mg  
**Zinc (mg):** 4mg  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 1848IU  
**Vitamin A (r.e.):** 495RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0%

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### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 3  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 51 1/2  
**Other Carbohydrates:** 33

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## Nutrition Facts

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### Amount Per Serving

**Calories** 4530                      **Calories from Fat:** 2376

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### % Daily Values\*

<b>Total Fat</b> 266g	410%
Saturated Fat 48g	242%
<b>Cholesterol</b> 920mg	307%
<b>Sodium</b> 3914mg	163%
<b>Total Carbohydrates</b> 495g	165%
Dietary Fiber 6g	23%
<b>Protein</b> 48g	
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<b>Vitamin A</b>	37%
<b>Vitamin C</b>	2%
<b>Calcium</b>	81%
<b>Iron</b>	64%

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