



Lane Cake Filling



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



3

CALORIES



1326 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon brandy flavoring
- ☐ 0.5 cup butter softened
- ☐ 0.5 cup candied cherries chopped
- ☐ 0.5 cup coconut or flaked
- ☐ 8 egg yolks
- ☐ 1 cup pecans chopped
- ☐ 1 cup raisins
- ☐ 0.5 cup water

☐ 1.3 cups sugar white

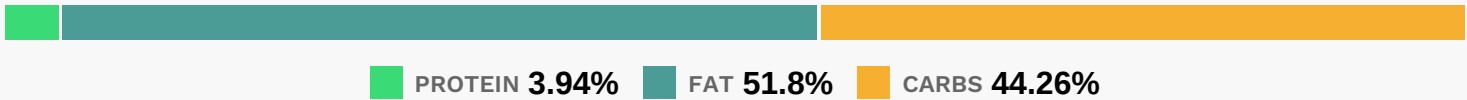
Equipment

☐ double boiler

Directions

- ☐ Put butter or margarine and the sugar into the top of a double boiler away from the heat. Beat together.
- ☐ Add egg yolks and beat well. Stir in water and brandy flavoring.
- ☐ Place over boiling water. Cook and stir until thickened.
- ☐ Add pecans, raisins, cherries and coconut. Stir until all ingredients are well combined.
- ☐ Remove from heat. Allow filling to cool before using.

Nutrition Facts



Properties

Glycemic Index:67.96, Glycemic Load:78.71, Inflammation Score:-7, Nutrition Score:24.271739265193%

Flavonoids

Cyanidin: 3.9mg, Cyanidin: 3.9mg, Cyanidin: 3.9mg, Cyanidin: 3.9mg Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg

Nutrients (% of daily need)

Calories: 1325.97kcal (66.3%), Fat: 79.32g (122.03%), Saturated Fat: 34.47g (215.42%), Carbohydrates: 152.47g (50.82%), Net Carbohydrates: 143.13g (52.05%), Sugar: 99.12g (110.13%), Cholesterol: 599.74mg (199.91%), Sodium: 287.9mg (12.52%), Alcohol: 0.56g (100%), Alcohol %: 0.21% (100%), Protein: 13.56g (27.13%), Manganese: 2.18mg (109.15%), Selenium: 32.05µg (45.79%), Fiber: 9.34g (37.36%), Copper: 0.74mg (37.21%), Phosphorus: 362.42mg (36.24%), Vitamin A: 1657.96IU (33.16%), Vitamin B1: 0.39mg (25.93%), Vitamin B2: 0.43mg (25.39%), Iron: 4mg (22.23%), Zinc: 3.17mg (21.12%), Folate: 81.93µg (20.48%), Potassium: 687.74mg (19.65%), Vitamin B5: 1.93mg (19.25%), Vitamin B6: 0.38mg (18.94%), Magnesium: 74.76mg (18.69%), Vitamin E: 2.69mg (17.91%), Vitamin D:

2.59µg (17.28%), Vitamin B12: 1µg (16.67%), Calcium: 115.67mg (11.57%), Vitamin B3: 1.08mg (5.38%), Vitamin K: 4.3µg (4.09%), Vitamin C: 3.22mg (3.91%)