

Lane Cake Filling



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



401 kcal

DESSERT

Ingredients



0.5 cup butter



0.8 cup coconut or grated



8 egg yolks



1 cup maraschino cherries finely chopped



1 cup pecans finely chopped



0.8 cup raisins finely chopped



1 cup sugar



2 tablespoons bourbon whiskey

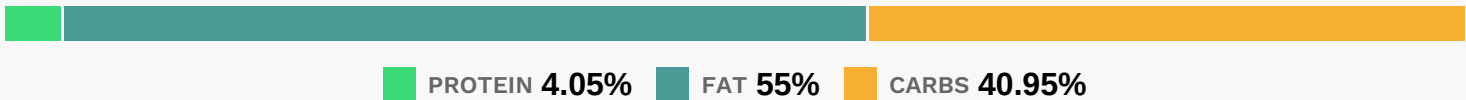
Equipment

☐ sauce pan

Directions

- ☐ Combine egg yolks, sugar, and butter in a 2-quart saucepan. Cook over medium heat, stirring constantly, about 20 minutes or until thickened.
- ☐ Remove from heat, and stir in remaining ingredients.
- ☐ Let cool before spreading on cake.

Nutrition Facts



Properties

Glycemic Index:15.39, Glycemic Load:18.59, Inflammation Score:-4, Nutrition Score:7.9656521677971%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

Nutrients (% of daily need)

Calories: 401.1kcal (20.05%), Fat: 25.09g (38.6%), Saturated Fat: 7.62g (47.63%), Carbohydrates: 42.04g (14.01%), Net Carbohydrates: 38.45g (13.98%), Sugar: 30.12g (33.47%), Cholesterol: 155.52mg (51.84%), Sodium: 120.49mg (5.24%), Alcohol: 1.08g (100%), Alcohol %: 1.36% (100%), Protein: 4.16g (8.31%), Manganese: 0.71mg (35.32%), Fiber: 3.58g (14.33%), Selenium: 9.89µg (14.13%), Copper: 0.26mg (13.06%), Vitamin A: 630.39IU (12.61%), Phosphorus: 111.05mg (11.11%), Vitamin B1: 0.11mg (7.64%), Vitamin B2: 0.12mg (7.32%), Iron: 1.27mg (7.08%), Zinc: 1.04mg (6.91%), Folate: 24.44µg (6.11%), Vitamin E: 0.92mg (6.11%), Magnesium: 24.2mg (6.05%), Vitamin B5: 0.6mg (6.03%), Vitamin B6: 0.12mg (5.75%), Potassium: 194.89mg (5.57%), Vitamin D: 0.78µg (5.18%), Vitamin B12: 0.29µg (4.87%), Calcium: 47.29mg (4.73%), Vitamin B3: 0.3mg (1.48%)