

THIS WEEK'S RECIPE

As seen on hdnews.net



Overnight Refrigerator Coffee Cake

CAKE

2 cups flour
 2 teaspoons baking powder
 1 teaspoon salt
 ½ cup sugar
 6 tablespoons shortening
 1 egg, beaten
 ½ cup milk
 ½ teaspoon lemon or vanilla extract
 ½ cup raisins, optional
 Mix dry ingredients together. Cut fat into dry ingredients to fine, cornmeal size. Combine milk and egg, add extract. Press dough into two 8-inch round layer pans and sprinkle with topping.



TOPPING (mix the following four ingredients for the coffee cake topping)

2 tablespoons butter or margarine
 ¼ cup brown sugar
 3 tablespoon flour
 1 teaspoon cinnamon

Bake 25 minutes in 375 degree oven. Or cover and place in refrigerator overnight.

This coffee cake is easy to slip into the oven for a great morning treat.



Location of Ingredients (at Walmart)

ITEM	AISLE
Flour	8
Baking Powder.....	8
Salt	8
Sugar	8
Shortening	8
Egg	Dairy
Milk	Dairy
Lemon Or Vanilla Extract ..	8
Raisins.....	8
Butter Or Margarine ...	Dairy
Cinnamon	8

Nutrition Facts

Serving Size (59g)		Servings Per Container 12	
Amount Per Serving			
Calories 200	Calories from Fat 70		
% Daily Value*			
Total Fat 8g	13%		
Saturated Fat 1.5g	8%		
Cholesterol 20mg	6%		
Sodium 360mg	15%		
Total Carbohydrate 29g	10%		
Dietary Fiber less than 1g	3%		
Sugars 13g			
Protein 3g			
Vitamin A 8%	•	Vitamin C 0%	
Calcium 6%	•	Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories: 2,000	2,500	
Total Fat	Less than 65g	80g	
Saturated Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	
Calories per gram:			
	Fat 9 •	Carbohydrate 4 •	Protein 4

raisins were not included in analysis



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