



Better Than Sex Cake III

 Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



528 kcal

DESSERT

Ingredients

- ☐ 3 bananas sliced
- ☐ 15 ounce pineapple with juice crushed canned
- ☐ 1.3 cups coconut or flaked
- ☐ 3.5 ounce vanilla pudding mix instant
- ☐ 16 ounces walnuts chopped
- ☐ 16 ounce non-dairy whipped topping frozen thawed
- ☐ 0.5 cup sugar white
- ☐ 18.3 ounce duncan hines classic decadent cake mix yellow

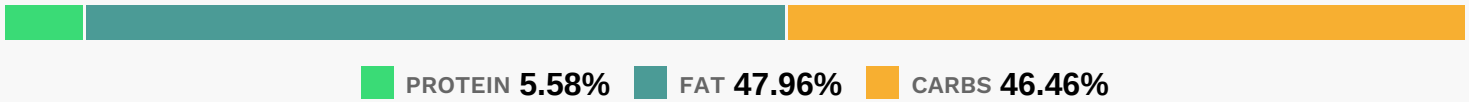
Equipment

☐ oven

Directions

- ☐ Bake yellow cake mix according to package directions for one 9x13 inch cake.
- ☐ Combine the crushed pineapple (undrained) with the white sugar and cook for 5 minutes over medium heat. Set aside to cool.
- ☐ Mix instant vanilla pudding according to package directions.
- ☐ Once cake is cool spread the cooled pineapple mixture over the top followed by the vanilla pudding, sliced bananas, and whipped topping.
- ☐ Sprinkle the flaked coconut and chopped nuts over the top of the cake.
- ☐ Let cake chill for at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:9.66, Glycemic Load:7.69, Inflammation Score:-4, Nutrition Score:12.8699999958121%

Flavonoids

Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 527.93kcal (26.4%), Fat: 29.36g (45.18%), Saturated Fat: 9.92g (61.98%), Carbohydrates: 64g (21.33%), Net Carbohydrates: 59.38g (21.59%), Sugar: 42.2g (46.89%), Cholesterol: 0.6mg (0.2%), Sodium: 318.69mg (13.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.69g (15.38%), Manganese: 1.36mg (67.86%), Copper: 0.62mg (30.78%), Phosphorus: 255.83mg (25.58%), Fiber: 4.62g (18.47%), Magnesium: 70.34mg (17.59%), Vitamin B6: 0.32mg (16.21%), Vitamin B1: 0.23mg (15.29%), Folate: 60.77µg (15.19%), Calcium: 131.84mg (13.18%), Iron: 2.01mg (11.18%), Vitamin B2: 0.18mg (10.86%), Potassium: 339.67mg (9.7%), Zinc: 1.27mg (8.44%), Vitamin B3: 1.45mg (7.24%), Selenium: 5µg (7.15%), Vitamin C: 5.22mg (6.32%), Vitamin E: 0.74mg (4.94%), Vitamin B5: 0.43mg (4.33%), Vitamin K: 3.12µg (2.97%), Vitamin B12: 0.09µg (1.58%), Vitamin A: 57.7IU (1.15%)