



Better than Sex Cake IV

READY IN



45 min.

SERVINGS



15

CALORIES



383 kcal

DESSERT

Ingredients

- ☐ 20 ounce pineapple with juice crushed canned
- ☐ 0.8 cup coconut or flaked toasted
- ☐ 0.3 cup confectioners' sugar
- ☐ 1 cup heavy whipping cream
- ☐ 7 ounce vanilla pudding mix instant
- ☐ 3 cups milk
- ☐ 0.5 cup pecans chopped
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup sugar white

☐ 18.3 ounce duncan hines classic decadent cake mix yellow

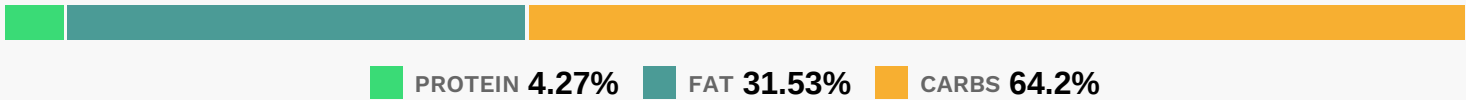
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ cake form

Directions

- ☐ Prepare and bake cake mix according to box directions for a 9 x 13 inch cake pan.
- ☐ While the cake is baking, combine pineapple with juice and 3/4 cup sugar in a medium saucepan. Cook over medium heat for 20 minutes until thick and syrupy, stirring occasionally. Pierce top of hot cake with fork at 1 inch intervals.
- ☐ Pour pineapple mixture over cake. Cool completely.
- ☐ Beat pudding mix with milk until smooth.
- ☐ Spread pudding over cooled cake.
- ☐ Whip cream until slightly thickened.
- ☐ Add confectioner's sugar and vanilla, and whip until soft peaks form.
- ☐ Spread over top of cake. Chill cake for 24 hours.
- ☐ Sprinkle with coconut and pecans just before serving. Refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:7.87, Glycemic Load:7.86, Inflammation Score:-3, Nutrition Score:7.2521739006042%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-

gallate: 0.08mg

Nutrients (% of daily need)

Calories: 383.18kcal (19.16%), Fat: 13.73g (21.13%), Saturated Fat: 7.79g (48.67%), Carbohydrates: 62.91g (20.97%), Net Carbohydrates: 60.88g (22.14%), Sugar: 46.06g (51.17%), Cholesterol: 23.79mg (7.93%), Sodium: 360.05mg (15.65%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 4.19g (8.37%), Phosphorus: 187.16mg (18.72%), Manganese: 0.35mg (17.52%), Calcium: 153.78mg (15.38%), Vitamin B1: 0.18mg (11.69%), Vitamin B2: 0.2mg (11.65%), Fiber: 2.03g (8.1%), Copper: 0.15mg (7.44%), Folate: 27.16µg (6.79%), Vitamin A: 333.23IU (6.66%), Magnesium: 24.34mg (6.08%), Iron: 1.09mg (6.05%), Vitamin B6: 0.11mg (5.53%), Potassium: 192.61mg (5.5%), Vitamin B12: 0.32µg (5.39%), Selenium: 3.7µg (5.29%), Vitamin D: 0.79µg (5.27%), Vitamin B3: 1.04mg (5.18%), Vitamin C: 3.75mg (4.55%), Zinc: 0.62mg (4.15%), Vitamin B5: 0.41mg (4.13%), Vitamin E: 0.56mg (3.77%), Vitamin K: 2.06µg (1.96%)