



Black Forest Dump Cake I

READY IN



80 min.

SERVINGS



15

CALORIES



333 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 20 ounce pineapple with juice crushed canned
- ☐ 21 ounce cherry pie filling canned
- ☐ 1 cup coconut or flaked
- ☐ 18.3 ounce chocolate cake mix
- ☐ 3.5 ounce vanilla pudding mix instant

Equipment

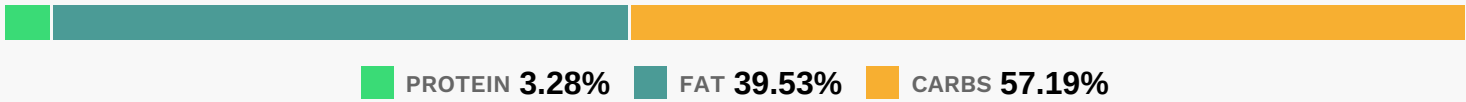
- ☐ oven

☐ baking pan

Directions

- ☐ Spread pineapple in a 9 x 13 inch pan.
- ☐ Sprinkle a layer of angel flake coconut on top of the pineapple, and then a layer of dry pudding mix.
- ☐ Spread the cherry pie filling evenly over pudding mix, and sprinkle dry cake mix over pie filling.
- ☐ Cut butter into thin slices, and arrange on top of cake mix
- ☐ Bake at 350 degrees F (175 degrees C) for one hour. Cool.

Nutrition Facts



Properties

Glycemic Index:3.33, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:5.8626086381466%

Nutrients (% of daily need)

Calories: 332.67kcal (16.63%), Fat: 15.27g (23.49%), Saturated Fat: 8.27g (51.71%), Carbohydrates: 49.7g (16.57%), Net Carbohydrates: 47.18g (17.16%), Sugar: 24.27g (26.97%), Cholesterol: 16.27mg (5.42%), Sodium: 384.84mg (16.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.79mg (1.26%), Protein: 2.85g (5.7%), Copper: 0.26mg (12.83%), Manganese: 0.24mg (12.25%), Phosphorus: 115.35mg (11.53%), Iron: 1.95mg (10.82%), Fiber: 2.52g (10.08%), Selenium: 5.77µg (8.24%), Magnesium: 29.91mg (7.48%), Vitamin B1: 0.11mg (7.39%), Potassium: 236.28mg (6.75%), Calcium: 65.77mg (6.58%), Folate: 25.6µg (6.4%), Vitamin C: 5.07mg (6.14%), Vitamin A: 290.39IU (5.81%), Vitamin B2: 0.08mg (4.62%), Vitamin E: 0.59mg (3.94%), Vitamin B3: 0.75mg (3.76%), Vitamin B6: 0.07mg (3.69%), Zinc: 0.46mg (3.04%), Vitamin K: 2.12µg (2.02%), Vitamin B5: 0.13mg (1.26%)