



Dump Cake

READY IN



45 min.

SERVINGS



12

CALORIES



305 kcal

DESSERT

Ingredients

- 1 can pineapple crushed
- 1 can peach pie filling (your choice)
- 1 pkg duncan hines classic decadent cake mix
- 1 stick butter

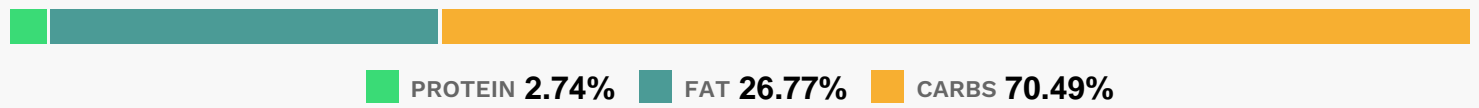
Equipment

- frying pan
- oven

Directions

- Spread pineapple in bottom of a 9X13 pan
- Cover with pie filling
- Cover with cake mix
- Cut butter into small pieces and place evenly over cake mix
- Bake 350 for 1 hour
- Serve Old School with Cool Whip, or fresh whipped cream

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:5.0791304347826%

Taste

Sweetness: 100%, Saltiness: 1.33%, Sourness: 23.4%, Bitterness: 14.72%, Savoriness: 1.77%, Fattiness: 23.91%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 305.42kcal (15.27%), Fat: 9.33g (14.35%), Saturated Fat: 5.68g (35.53%), Carbohydrates: 55.26g (18.42%), Net Carbohydrates: 53.68g (19.52%), Sugar: 31.67g (35.19%), Cholesterol: 20.25mg (6.75%), Sodium: 382.78mg (16.64%), Protein: 2.15g (4.29%), Phosphorus: 154.21mg (15.42%), Calcium: 106.13mg (10.61%), Vitamin B1: 0.15mg (9.87%), Folate: 32.8µg (8.2%), Vitamin B2: 0.11mg (6.59%), Vitamin C: 5.27mg (6.39%), Fiber: 1.58g (6.32%), Iron: 1.12mg (6.21%), Vitamin B3: 1.18mg (5.92%), Selenium: 4.14µg (5.91%), Copper: 0.11mg (5.62%), Vitamin A: 270.75IU (5.41%), Manganese: 0.1mg (5.08%), Vitamin E: 0.62mg (4.15%), Magnesium: 12.99mg (3.25%), Potassium: 109.66mg (3.13%), Vitamin B6: 0.06mg (2.78%), Vitamin K: 2.4µg (2.29%), Zinc: 0.27mg (1.82%), Vitamin B5: 0.16mg (1.58%)