



Dump Cake IV

READY IN



45 min.

SERVINGS



10

CALORIES



447 kcal

DESSERT

Ingredients

- ☐ 1 cup butter
- ☐ 15 ounce pineapple crushed canned
- ☐ 21 ounce cherry pie filling canned
- ☐ 18.3 ounce duncan hines classic decadent cake mix yellow

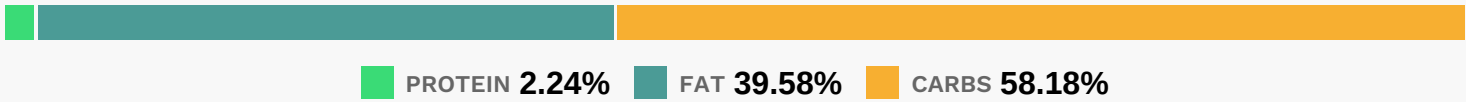
Equipment

- ☐ oven
- ☐ kugelhopf pan

Directions

- ☐ Lightly grease a Bundt pan. Preheat oven to 325 degrees F (165 degrees C).
- ☐ Pour pie filling into bottom of bundt pan, and on top of that pour the pineapple.
- ☐ Pour dry cake mix on top of pineapple. Slice butter or margarine over cake mix.
- ☐ Bake for 35 to 45 minutes. This cake is best when served warm.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:6.4069565171781%

Nutrients (% of daily need)

Calories: 447.13kcal (22.36%), Fat: 19.94g (30.67%), Saturated Fat: 12.52g (78.25%), Carbohydrates: 65.94g (21.98%), Net Carbohydrates: 64.41g (23.42%), Sugar: 28.47g (31.64%), Cholesterol: 48.81mg (16.27%), Sodium: 533.75mg (23.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.09%), Phosphorus: 177.74mg (17.77%), Vitamin A: 710.58IU (14.21%), Calcium: 127.97mg (12.8%), Vitamin B1: 0.18mg (11.93%), Folate: 40.37µg (10.09%), Vitamin B2: 0.15mg (8.57%), Iron: 1.34mg (7.46%), Vitamin C: 6.14mg (7.44%), Vitamin B3: 1.41mg (7.06%), Vitamin E: 1.01mg (6.74%), Copper: 0.13mg (6.52%), Fiber: 1.53g (6.12%), Manganese: 0.12mg (5.83%), Vitamin B6: 0.09mg (4.72%), Potassium: 145.01mg (4.14%), Magnesium: 16.17mg (4.04%), Vitamin K: 3.39µg (3.23%), Selenium: 2.19µg (3.12%), Vitamin B5: 0.25mg (2.51%), Zinc: 0.23mg (1.55%), Vitamin B12: 0.09µg (1.51%)