



Easy Fruit Crisp "Dump" Dessert

READY IN



80 min.

SERVINGS



12

CALORIES



295 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix yellow
- ☐ 0.5 cup butter melted
- ☐ 21 oz cherry pie filling canned
- ☐ 8 oz pineapple rings crushed undrained canned

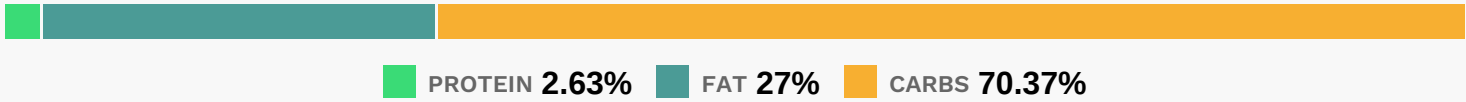
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). In large bowl, stir together cake mix and butter until crumbly; set aside.
- ☐ Spread pie filling and pineapple in ungreased 13x9-inch pan.
- ☐ Sprinkle cake mix mixture evenly over fruit.
- ☐ Bake 35 to 40 minutes or until golden brown. Cool 30 minutes.
- ☐ Serve warm or cool. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:4.6130434689314%

Nutrients (% of daily need)

Calories: 294.76kcal (14.74%), Fat: 8.92g (13.73%), Saturated Fat: 5.57g (34.81%), Carbohydrates: 52.34g (17.45%), Net Carbohydrates: 51.28g (18.65%), Sugar: 21.35g (23.72%), Cholesterol: 20.34mg (6.78%), Sodium: 383.58mg (16.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.91%), Phosphorus: 144.59mg (14.46%), Calcium: 101.66mg (10.17%), Vitamin B1: 0.13mg (8.78%), Folate: 32.51µg (8.13%), Vitamin A: 347.52IU (6.95%), Vitamin B2: 0.11mg (6.74%), Iron: 1.07mg (5.94%), Vitamin B3: 1.12mg (5.62%), Manganese: 0.1mg (4.86%), Copper: 0.09mg (4.55%), Vitamin C: 3.56mg (4.32%), Fiber: 1.06g (4.24%), Vitamin E: 0.62mg (4.13%), Vitamin B6: 0.07mg (3.3%), Potassium: 98.05mg (2.8%), Magnesium: 10.81mg (2.7%), Selenium: 1.66µg (2.37%), Vitamin B5: 0.2mg (1.98%), Vitamin K: 2.04µg (1.95%), Zinc: 0.17mg (1.12%)