



Easy Pineapple Cake

 Vegetarian

READY IN



90 min.

SERVINGS



15

CALORIES



349 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 0.5 cup butter
- ☐ 20 ounce pineapple with juice crushed canned
- ☐ 1.5 cups confectioners' sugar
- ☐ 8 ounce cream cheese
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon vanilla extract

☐ 2 cups sugar white

Equipment

☐ bowl

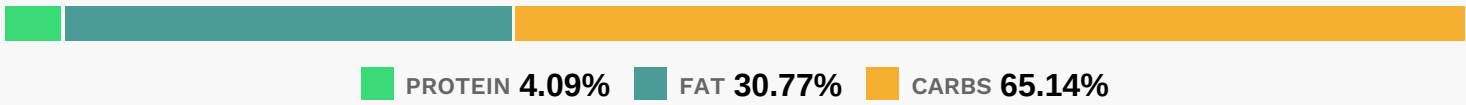
☐ oven

☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large bowl, mix together the flour, sugar and baking soda. Make a well in the center and add the eggs, vanilla and crushed pineapple, with liquid from can.
- ☐ Mix well to blend.
- ☐ Bake for 45 minutes, or until a toothpick inserted into cake comes out clean.
- ☐ To make the frosting: in a medium bowl, combine cream cheese, butter, confectioners sugar and 1 teaspoon of vanilla. Beat until creamy.
- ☐ Spread on warm cake.

Nutrition Facts



Properties

Glycemic Index:14.81, Glycemic Load:28.05, Inflammation Score:-4, Nutrition Score:4.7160869784977%

Nutrients (% of daily need)

Calories: 349.02kcal (17.45%), Fat: 12.19g (18.75%), Saturated Fat: 7.16g (44.72%), Carbohydrates: 58.05g (19.35%), Net Carbohydrates: 57.11g (20.77%), Sugar: 44.41g (49.35%), Cholesterol: 53.36mg (17.79%), Sodium: 251.62mg (10.94%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 3.65g (7.3%), Selenium: 9.21µg (13.16%), Vitamin B1: 0.18mg (11.71%), Vitamin B2: 0.16mg (9.53%), Folate: 36.74µg (9.18%), Vitamin A: 442.73IU (8.85%), Manganese: 0.12mg (5.96%), Iron: 1.02mg (5.67%), Vitamin B3: 1.11mg (5.57%), Phosphorus: 50.27mg (5.03%), Vitamin C: 3.55mg (4.31%), Fiber: 0.94g (3.77%), Copper: 0.07mg (3.71%), Magnesium: 11.58mg (2.9%), Calcium: 28.73mg (2.87%), Potassium: 95.74mg (2.74%), Vitamin B6: 0.05mg (2.72%), Vitamin B5: 0.26mg (2.58%), Vitamin E: 0.38mg (2.56%), Zinc: 0.32mg (2.11%), Vitamin B12: 0.1µg (1.64%), Vitamin K: 1.18µg (1.12%)