



Elvis Presley Cake

READY IN



45 min.

SERVINGS



15

CALORIES



523 kcal

DESSERT

Ingredients

- 0.5 cup butter softened
- 8 ounce pineapple with juice crushed canned
- 4 cups confectioners' sugar
- 8 ounce cream cheese
- 1 cup pecans chopped
- 1 teaspoon vanilla extract
- 18.3 ounce duncan hines classic decadent cake mix white
- 2 cups sugar white

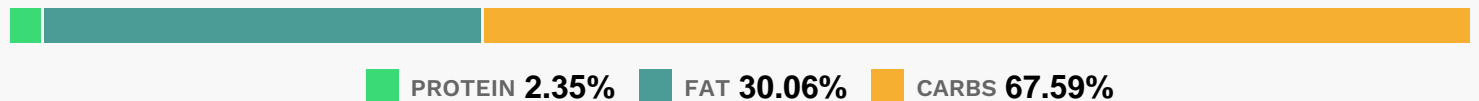
Equipment

- bowl
- frying pan
- sauce pan
- oven

Directions

- Prepare cake according to instructions on package.
- Bake in a 9x13 inch pan. Allow to cool.
- Combine pineapple and sugar in saucepan. Bring to a boil. Spoon over cooled cake.
- In a large bowl, cream butter and cream cheese until smooth.
- Add powdered sugar and beat until smooth.
- Add vanilla.
- Add pecans and mix well.
- Spread cream cheese frosting over cake.

Nutrition Facts



Properties

Glycemic Index:10.47, Glycemic Load:18.88, Inflammation Score:-3, Nutrition Score:5.7604348504025%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg

Nutrients (% of daily need)

Calories: 522.68kcal (26.13%), Fat: 17.94g (27.61%), Saturated Fat: 8.07g (50.42%), Carbohydrates: 90.79g (30.26%), Net Carbohydrates: 89.51g (32.55%), Sugar: 75.47g (83.86%), Cholesterol: 31.54mg (10.51%), Sodium: 336.24mg (14.62%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 3.16g (6.32%), Manganese: 0.4mg (20.12%), Phosphorus: 155.43mg (15.54%), Calcium: 100.14mg (10.01%), Vitamin B1: 0.14mg (9.47%), Vitamin A: 403.78IU (8.08%), Vitamin B2: 0.14mg (8.01%), Selenium: 5.03µg (7.19%), Folate: 28.09µg (7.02%), Copper: 0.14mg (6.92%), Iron: 0.95mg (5.28%), Fiber: 1.27g (5.09%), Vitamin B3: 0.97mg (4.85%), Vitamin E: 0.71mg (4.74%), Magnesium: 16.4mg (4.1%), Zinc: 0.59mg (3.94%), Potassium: 93.27mg (2.66%), Vitamin B5: 0.26mg (2.59%), Vitamin B6: 0.05mg (2.25%), Vitamin K: 2.14µg (2.04%), Vitamin C: 1.5mg (1.82%)