



Graham Cracker Cake II

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



1039 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 cup butter
- 8 ounce pineapple crushed drained canned
- 1 cup coconut or flaked
- 4 cups confectioners' sugar
- 3 ounce cream cheese
- 5 eggs
- 16 ounce graham cracker crumbs

- 0.7 cup milk
- 1 cup pecans chopped
- 2 cups sugar white

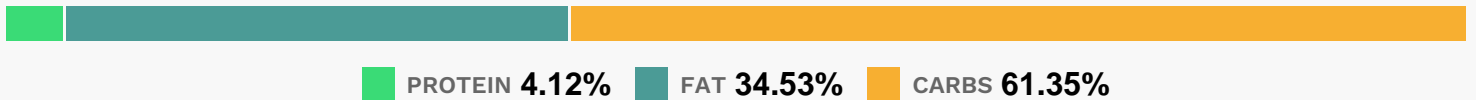
Equipment

- oven

Directions

- Cream 1 cup butter or margarine.
- Add white sugar gradually. Beat until mixture is light and fluffy.
- Add eggs, one at a time, beat after each addition.
- Add cracker crumbs and baking powder, alternately with milk. Blend in coconut and nuts.
- Bake in preheated 350 degrees F (175 degrees C) oven in 3 - 9 inch pans for 25 to 30 minutes.
- To Make Cream Cheese Glaze: Cream 1/2 cup butter and cream cheese.
- Add confectioners' sugar, then pineapple.
- Mix well. Fill and frost layers.

Nutrition Facts



Properties

Glycemic Index:45.14, Glycemic Load:66.29, Inflammation Score:-5, Nutrition Score:14.524347979089%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 1038.58kcal (51.93%), Fat: 40.96g (63.01%), Saturated Fat: 18.49g (115.54%), Carbohydrates: 163.72g (54.57%), Net Carbohydrates: 158.38g (57.59%), Sugar: 128.47g (142.75%), Cholesterol: 145.98mg (48.66%), Sodium: 656.95mg (28.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.99g (21.99%), Manganese: 0.92mg (45.95%), Phosphorus: 287.82mg (28.78%), Vitamin B2: 0.37mg (22.02%), Fiber: 5.34g (21.35%), Iron: 3.79mg (21.03%), Selenium: 13.14µg (18.78%), Vitamin B1: 0.28mg (18.67%), Magnesium: 71mg (17.75%), Calcium: 175.62mg (17.56%), Zinc: 2.47mg (16.49%), Copper: 0.33mg (16.26%), Vitamin A: 700.57IU (14.01%), Vitamin B3: 2.5mg (12.52%), Folate: 45.76µg (11.44%), Vitamin B6: 0.2mg (10.2%), Potassium: 337.36mg (9.64%), Vitamin B5: 0.78mg (7.76%), Vitamin B12: 0.4µg (6.7%), Vitamin E: 0.96mg (6.42%), Vitamin D: 0.77µg (5.16%), Vitamin C: 2.97mg (3.6%), Vitamin K: 2.07µg (1.97%)