



Hawaiian Frosted Cake

READY IN



80 min.

SERVINGS



15

CALORIES



266 kcal

DESSERT

Ingredients

- ☐ 8 ounce pineapple crushed undrained canned
- ☐ 0.3 cup coconut or flaked
- ☐ 1 tablespoon coconut extract
- ☐ 3 eggs
- ☐ 3.5 ounce coconut cream pudding mix instant
- ☐ 0.5 cup milk
- ☐ 1 teaspoon rum-flavored extract
- ☐ 0.3 cup vegetable oil
- ☐ 1 cup water

- ☐ 8 ounce extra-creamy whipped topping frozen thawed
- ☐ 18.3 ounce duncan hines classic decadent cake mix white

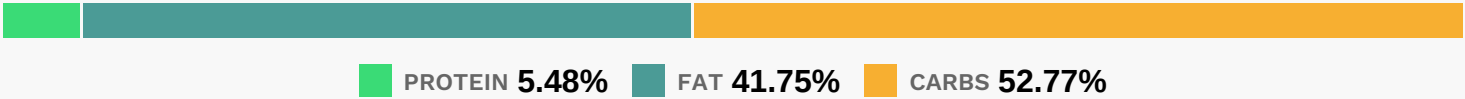
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13-inch baking pan with cooking spray, or butter the pan well and coat inside with flour to prevent sticking.
- ☐ Beat the cake mix, water, eggs, vegetable oil, 1 package of coconut cream pudding mix, and 1 tablespoon of rum extract in a bowl with an electric mixer until smooth, about 2 minutes. Gently fold in the crushed pineapple.
- ☐ Pour the batter into the prepared baking pan.
- ☐ Bake in the preheated oven until the cake has risen, turned golden brown, and a toothpick inserted into the center of the cake comes out clean, 30 to 35 minutes. Cool the cake to room temperature in the pan on a wire rack, about 30 minutes.
- ☐ While the cake is baking, spread 2 tablespoons of flaked coconut onto a baking sheet, and bake in the preheated oven until lightly toasted, about 10 minutes.
- ☐ Remove the coconut, allow to cool, and set aside.
- ☐ To make frosting, whisk 1 package coconut cream pudding mix with milk until the mixture turns thick and creamy, about 2 minutes. Gently fold in the whipped topping, 1/4 cup flaked coconut, coconut extract, and 1 teaspoon of rum extract. Frost the cake, and sprinkle toasted coconut on top. Keep refrigerated.

Nutrition Facts



Properties

Glycemic Index:2.53, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:5.5365217613137%

Nutrients (% of daily need)

Calories: 265.56kcal (13.28%), Fat: 12.42g (19.11%), Saturated Fat: 6.39g (39.96%), Carbohydrates: 35.32g (11.77%), Net Carbohydrates: 34.37g (12.5%), Sugar: 20.89g (23.21%), Cholesterol: 34.01mg (11.34%), Sodium: 267.32mg (11.62%), Alcohol: 0.34g (100%), Alcohol %: 0.38% (100%), Protein: 3.67g (7.33%), Phosphorus: 165.17mg (16.52%), Calcium: 105.3mg (10.53%), Manganese: 0.2mg (10.05%), Vitamin K: 10.48µg (9.99%), Selenium: 6.51µg (9.3%), Vitamin B2: 0.15mg (8.55%), Folate: 31.14µg (7.78%), Vitamin B1: 0.1mg (6.95%), Iron: 1.08mg (6.02%), Vitamin E: 0.88mg (5.85%), Vitamin B3: 0.97mg (4.84%), Copper: 0.09mg (4.58%), Fiber: 0.95g (3.81%), Potassium: 110.4mg (3.15%), Magnesium: 12.56mg (3.14%), Vitamin B5: 0.3mg (2.96%), Zinc: 0.43mg (2.87%), Vitamin B6: 0.05mg (2.58%), Vitamin B12: 0.15µg (2.54%), Vitamin C: 1.63mg (1.97%), Vitamin D: 0.27µg (1.77%), Vitamin A: 79.44IU (1.59%)