



Hawaiian Wedding Cake III

READY IN



55 min.

SERVINGS



15

CALORIES



499 kcal

DESSERT

Ingredients

- ☐ 20 ounce pineapple crushed drained well canned
- ☐ 2 cups coconut or flaked toasted
- ☐ 1.5 teaspoons coconut extract
- ☐ 8 ounce cream cheese softened
- ☐ 2 cups heavy cream sweetened
- ☐ 10.2 ounce vanilla pudding mix instant
- ☐ 4 cups milk cold
- ☐ 18.3 ounce duncan hines classic decadent cake mix yellow

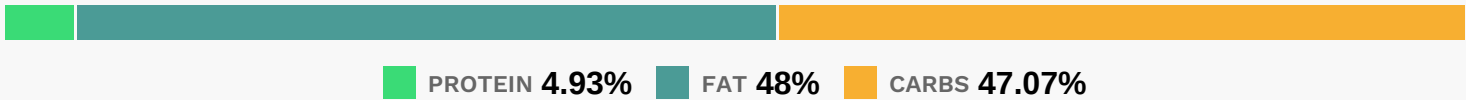
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Grease and flour a 9x13 inch pan.
- ☐ Prepare and bake cake mix according to package directions for one 9x13 inch cake.
- ☐ Remove cake from oven. While cake is hot, poke holes through the cake with the round handle of a wooden spoon. Holes should be at 1 inch intervals.
- ☐ Pour crushed pineapple and juice over the cake.
- ☐ Let cool slightly.
- ☐ In a small bowl, beat the instant pudding with milk until mixture begins to thicken, about 2 minutes. Stir in the frozen whipped topping, then spread over the cake. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:4.33, Glycemic Load:1.38, Inflammation Score:-5, Nutrition Score:9.5378261027129%

Nutrients (% of daily need)

Calories: 498.74kcal (24.94%), Fat: 27.13g (41.74%), Saturated Fat: 18.63g (116.42%), Carbohydrates: 59.85g (19.95%), Net Carbohydrates: 56.98g (20.72%), Sugar: 41.14g (45.71%), Cholesterol: 58.94mg (19.65%), Sodium: 458.9mg (19.95%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 6.27g (12.54%), Phosphorus: 233.63mg (23.36%), Calcium: 198.43mg (19.84%), Manganese: 0.38mg (19.21%), Vitamin B2: 0.29mg (16.83%), Vitamin A: 793.85IU (15.88%), Fiber: 2.87g (11.47%), Vitamin B1: 0.17mg (11.42%), Selenium: 6.94µg (9.92%), Copper: 0.17mg (8.34%), Vitamin D: 1.22µg (8.16%), Potassium: 276.91mg (7.91%), Vitamin B12: 0.47µg (7.83%), Magnesium: 30.77mg (7.69%), Vitamin B6: 0.15mg (7.42%), Folate: 28.99µg (7.25%), Iron: 1.26mg (7.02%), Vitamin B5: 0.63mg (6.26%), Vitamin E: 0.83mg (5.53%), Vitamin B3: 1.08mg (5.39%), Zinc: 0.78mg (5.21%), Vitamin C: 3.91mg (4.74%), Vitamin

K: 2.83μg (2.69%)