



Is It Really Better Than Sex? Cake

READY IN



195 min.

SERVINGS



20

CALORIES



262 kcal

DESSERT

Ingredients

- ☐ 20 ounce pineapple crushed canned
- ☐ 1.5 cups heavy cream
- ☐ 1.3 cups sugar
- ☐ 1 cup coconut or sweetened flaked toasted
- ☐ 3.4 ounce vanilla pudding french
- ☐ 18.3 ounce duncan hines classic decadent cake mix yellow

Equipment

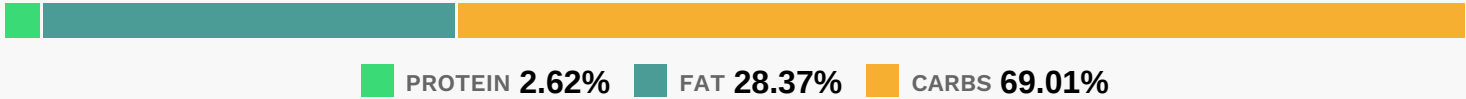
- ☐ frying pan

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Prepare yellow cake mix as directed using a greased 13 by 9 by 2-inch pan and bake for 30 to 35 minutes. While cake is baking, combine the pineapple and 1 cup of sugar in a saucepan, and bring to a boil over medium heat stirring constantly.
- ☐ Remove from heat and allow to cool slightly.
- ☐ Remove cake from oven and using a fork, pierce holes into cake.
- ☐ Pour pineapple mixture over hot cake and set aside.
- ☐ Prepare pudding according to package directions.
- ☐ Spread pudding over cake and refrigerate until thoroughly chilled. Whip heavy cream and remaining sugar until stiff. Cover top of cake with whipped cream and sprinkle toasted coconut on top.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:9.31, Inflammation Score:-2, Nutrition Score:3.6060869564181%

Nutrients (% of daily need)

Calories: 261.88kcal (13.09%), Fat: 8.45g (12.99%), Saturated Fat: 5.65g (35.33%), Carbohydrates: 46.22g (15.41%), Net Carbohydrates: 45.1g (16.4%), Sugar: 34.46g (38.29%), Cholesterol: 20.17mg (6.72%), Sodium: 236.28mg (10.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.51%), Phosphorus: 96.88mg (9.69%), Calcium: 71.74mg (7.17%), Vitamin B1: 0.09mg (6.19%), Vitamin B2: 0.1mg (6.06%), Vitamin A: 276.57IU (5.53%), Folate: 19.85µg (4.96%), Manganese: 0.09mg (4.56%), Fiber: 1.13g (4.51%), Iron: 0.71mg (3.94%), Vitamin B3: 0.72mg (3.6%), Vitamin C: 2.77mg (3.36%), Copper: 0.07mg (3.27%), Selenium: 2.23µg (3.19%), Vitamin E: 0.41mg (2.72%), Magnesium: 10.26mg (2.56%), Vitamin B6: 0.05mg (2.44%), Potassium: 80.84mg (2.31%), Vitamin D: 0.29µg (1.9%), Vitamin B5: 0.15mg (1.46%), Vitamin K: 1.52µg (1.45%), Zinc: 0.17mg (1.16%)