



## Macadamia Pineapple Dream Cake

 Vegetarian

READY IN



90 min.

SERVINGS



6

CALORIES



528 kcal

DESSERT

### Ingredients

- 1.3 teaspoons double-acting baking powder
- 0.5 cup butter softened
- 1 tablespoon cornstarch
- 3 eggs
- 1 cup flour all-purpose
- 0.8 cup macadamia nuts chopped
- 0.3 cup milk
- 8 ounce pineapple in heavy syrup crushed canned

- 0.3 teaspoon salt
- 1 teaspoon vanilla extract
- 1 cup sugar white

## Equipment

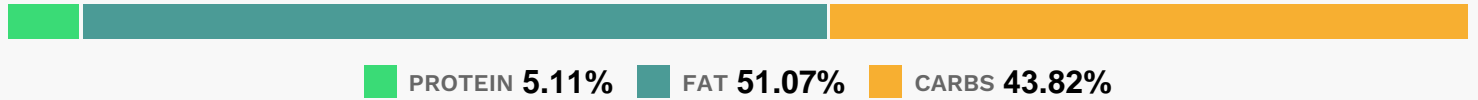
- bowl
- sauce pan
- oven
- whisk
- plastic wrap
- spatula

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and line with waxed paper two 8 inch cake pans.
- Drain and reserve syrup from pineapple.
- Add enough water to syrup to make 1/2 cup liquid.
- Place liquid in small saucepan, and mix in cornstarch. Cook and stir over medium heat until thickened, about 2 minutes; stir in reserved pineapple. Spoon filling into a small bowl. Cover with plastic wrap, and refrigerate until chilled.
- Whisk together flour, baking powder, and salt in a small bowl.
- In large bowl, cream the butter or margarine.
- Add 1/2 cup sugar, and beat until fluffy. Beat in egg yolks and vanilla.
- Add flour mixture alternately with milk in two parts, mixing after each addition.
- Spread batter into prepared pans.
- Sprinkle with all but 2 tablespoons macadamia nuts.
- In another bowl, beat egg whites until soft peaks form. Gradually add remaining 1/2 cup sugar, and beat until stiff peaks form.
- Spread egg whites evenly over batter.
- Bake for 35 minutes, or until tester inserted in the center of the layers comes out clean.

- Remove from oven; cool in pans on wire racks. Loosen edges with spatula and turn out of pans. Peel off waxed paper.
- Place one layer, cake side down, on plate.
- Spread with pineapple filling.
- Place second layer, meringue side down over filling.

## Nutrition Facts



### Properties

Glycemic Index:55.85, Glycemic Load:35.26, Inflammation Score:-5, Nutrition Score:10.889999985695%

### Nutrients (% of daily need)

Calories: 527.75kcal (26.39%), Fat: 30.8g (47.39%), Saturated Fat: 12.66g (79.1%), Carbohydrates: 59.47g (19.82%), Net Carbohydrates: 56.96g (20.71%), Sugar: 40.14g (44.61%), Cholesterol: 123.73mg (41.24%), Sodium: 344.11mg (14.96%), Alcohol: 0.23g (100%), Alcohol %: 0.18% (100%), Protein: 6.94g (13.88%), Manganese: 0.84mg (42.23%), Vitamin B1: 0.42mg (27.85%), Selenium: 15.19µg (21.7%), Vitamin B2: 0.27mg (15.64%), Phosphorus: 133.48mg (13.35%), Folate: 52.76µg (13.19%), Vitamin A: 626.9IU (12.54%), Iron: 2.2mg (12.2%), Copper: 0.22mg (10.83%), Calcium: 102.24mg (10.22%), Fiber: 2.51g (10.03%), Magnesium: 36.61mg (9.15%), Vitamin B3: 1.79mg (8.95%), Vitamin B6: 0.13mg (6.4%), Vitamin B5: 0.61mg (6.14%), Vitamin E: 0.79mg (5.24%), Potassium: 182.83mg (5.22%), Zinc: 0.75mg (4.99%), Vitamin B12: 0.28µg (4.71%), Vitamin C: 3.75mg (4.55%), Vitamin D: 0.55µg (3.68%), Vitamin K: 1.75µg (1.66%)