



## Michelle's Punch Bowl Cake

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



316 kcal

DESSERT

### Ingredients

- 20 ounce pineapple crushed drained canned
- 5 ounce vanilla pudding instant
- 16 ounce non-dairy whipped topping frozen thawed
- 18.3 ounce cake mix yellow

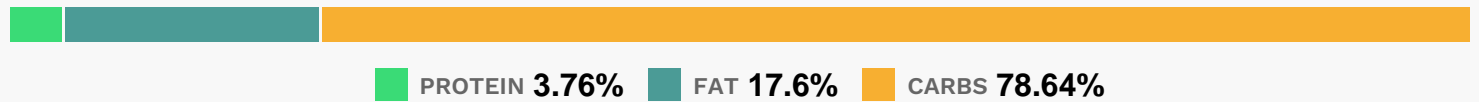
### Equipment

- bowl
- frying pan
- oven

## Directions

- Prepare the cake mix as directed by the manufacturer.
- Bake in a 9x13 inch pan, or two 8 inch round pans. When the cake is cool, split in half, horizontally. Prepare the vanilla pudding according to package directions.
- Crumble half of the cake into the bottom of the punch bowl. Then put a layer of 1/3 of the whipped topping, a layer of 1/2 of the pudding, then a layer of 1/2 the can of pineapple. Repeat the layers in the same amounts, and top with the remaining whipped topping. Keep refrigerated until serving.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:4.9413043416065%

## Nutrients (% of daily need)

Calories: 316.45kcal (15.82%), Fat: 6.25g (9.61%), Saturated Fat: 4.98g (31.15%), Carbohydrates: 62.85g (20.95%), Net Carbohydrates: 61.65g (22.42%), Sugar: 43.69g (48.55%), Cholesterol: 0.76mg (0.25%), Sodium: 416.57mg (18.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.01%), Phosphorus: 165.17mg (16.52%), Calcium: 125.96mg (12.6%), Vitamin B1: 0.16mg (10.36%), Vitamin B2: 0.15mg (8.53%), Folate: 32.81µg (8.2%), Iron: 1.08mg (5.98%), Vitamin B3: 1.17mg (5.85%), Vitamin C: 4.44mg (5.38%), Fiber: 1.2g (4.81%), Copper: 0.09mg (4.39%), Manganese: 0.08mg (4.16%), Vitamin E: 0.6mg (3.97%), Vitamin B6: 0.08mg (3.81%), Selenium: 2.5µg (3.57%), Magnesium: 14.04mg (3.51%), Potassium: 119.39mg (3.41%), Vitamin K: 2.79µg (2.66%), Vitamin B12: 0.12µg (1.98%), Vitamin B5: 0.16mg (1.57%), Zinc: 0.2mg (1.36%), Vitamin A: 51.6IU (1.03%)