



Millionaire's Cake

READY IN



90 min.

SERVINGS



15

CALORIES



349 kcal

DESSERT

Ingredients

- 20 ounce pineapple rings with juice crushed canned
- 8 ounce cream cheese
- 3.5 ounce vanilla pudding instant
- 2 cups milk
- 1 cup walnut pieces chopped
- 12 ounce non-dairy whipped topping frozen thawed
- 18.3 ounce cake mix yellow

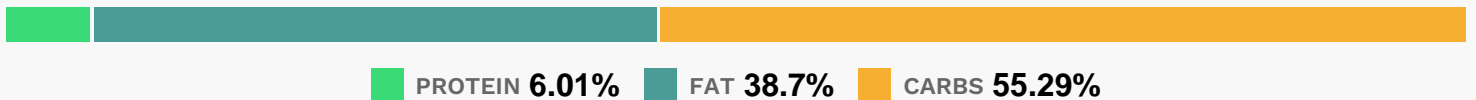
Equipment

- frying pan
- oven
- wire rack
- cheesecloth

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour one 9x13 inch pan.
- Drain pineapple. Put pineapple in a clean layered cheesecloth and wring out remaining juice. If pineapple is not well drained, it will make the filling runny.
- Mix and bake cake according to package instructions.
- Pour 1/2 of the batter into the prepared pan. Discard or find another use for the remaining half of the batter.
- Bake at 350 degrees F (175 degrees C) for 20 minutes or until done.
- Let cake cool in pan on a wire rack.
- Beat softened cream cheese until fluffy. Slowly add milk, combining thoroughly.
- Add instant pudding and beat until thick. Pudding mixture will thicken when refrigerated. When cake is cool and pudding mixture is thickened you can assemble the cake.
- Spread pudding mixture on top of the cooled cake.
- Sprinkle drained pineapple over pudding. Carefully spread thawed frozen whipped topping over all.
- Sprinkle chopped walnuts over all. Refrigerate. Enjoy!

Nutrition Facts



Properties

Glycemic Index:5.67, Glycemic Load:0.91, Inflammation Score:-4, Nutrition Score:7.3339131085769%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg

Nutrients (% of daily need)

Calories: 348.93kcal (17.45%), Fat: 15.33g (23.58%), Saturated Fat: 7.27g (45.42%), Carbohydrates: 49.27g (16.42%), Net Carbohydrates: 47.8g (17.38%), Sugar: 33.26g (36.95%), Cholesterol: 19.63mg (6.54%), Sodium: 369.81mg (16.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.35g (10.7%), Phosphorus: 202.51mg (20.25%), Manganese: 0.34mg (16.78%), Calcium: 157.59mg (15.76%), Vitamin B2: 0.2mg (11.78%), Vitamin B1: 0.17mg (11.4%), Copper: 0.2mg (9.8%), Folate: 35.03µg (8.76%), Magnesium: 28.3mg (7.07%), Vitamin B6: 0.13mg (6.48%), Iron: 1.09mg (6.08%), Fiber: 1.47g (5.87%), Vitamin A: 293IU (5.86%), Selenium: 4.09µg (5.84%), Potassium: 190.47mg (5.44%), Vitamin B3: 1.06mg (5.32%), Vitamin B12: 0.29µg (4.81%), Vitamin C: 3.65mg (4.43%), Vitamin E: 0.64mg (4.26%), Zinc: 0.6mg (4.03%), Vitamin B5: 0.38mg (3.78%), Vitamin K: 2.62µg (2.49%), Vitamin D: 0.36µg (2.39%)