



Orange-Pineapple Fluff Cake

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



8

CALORIES



305 kcal

Ingredients

- 9 ounce apricot-pineapple preserves reduced-calorie
- 0.3 cup orange juice unsweetened
- 8 ounce pineapple in juice crushed canned
- 13.6 ounce commercial pound cake fat-free
- 2 teaspoons triple sec orange-flavored
- 2.5 cups non-dairy whipped topping frozen thawed reduced-calorie

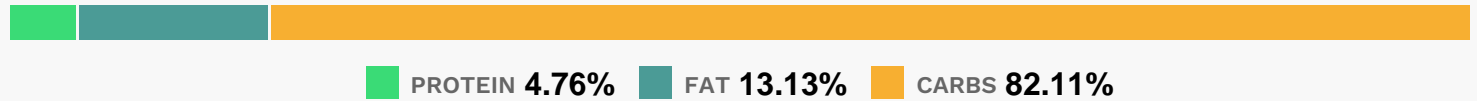
Equipment

- paper towels

Directions

- Punch holes in cake at 1-inch intervals with a wooden pick.
- Combine orange juice and liqueur; pour over cake. Slice cake horizontally into 4 layers.
- Place 1 cake layer on a serving plate.
- Spread one-third of preserves over layer. Repeat procedure with remaining cake layers and preserves, ending with cake layer.M1
- Drain pineapple, and press between paper towels to remove excess moisture. Fold pineapple into whipped topping.
- Spread topping mixture over top and sides of cake. Cover and chill at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:12.3, Inflammation Score:-2, Nutrition Score:5.0834782434546%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 305.27kcal (15.26%), Fat: 4.44g (6.84%), Saturated Fat: 3.04g (19.02%), Carbohydrates: 62.52g (20.84%), Net Carbohydrates: 61.55g (22.38%), Sugar: 43.78g (48.65%), Cholesterol: 49.63mg (16.54%), Sodium: 327.79mg (14.25%), Alcohol: 0.32g (100%), Alcohol %: 0.29% (100%), Protein: 3.62g (7.25%), Vitamin C: 9.35mg (11.33%), Vitamin B1: 0.16mg (10.86%), Vitamin B2: 0.18mg (10.79%), Phosphorus: 92.81mg (9.28%), Iron: 1.59mg (8.81%), Selenium: 5.71µg (8.16%), Folate: 30.61µg (7.65%), Calcium: 62.16mg (6.22%), Manganese: 0.12mg (5.76%), Vitamin B3: 1.08mg (5.39%), Copper: 0.1mg (4.92%), Potassium: 146.97mg (4.2%), Fiber: 0.98g (3.9%), Magnesium: 13.36mg (3.34%), Vitamin B6: 0.06mg (3.02%), Vitamin B12: 0.16µg (2.71%), Vitamin B5: 0.25mg (2.51%), Vitamin A: 121.24IU (2.42%), Zinc: 0.32mg (2.14%), Vitamin E: 0.28mg (1.87%)