



## Piña Colada Cake

 Dairy Free  Popular

READY IN



130 min.

SERVINGS



12

CALORIES



369 kcal

DESSERT

### Ingredients

- 1 box cake mix yellow
- 8 oz pineapple rings crushed undrained canned
- 0.5 cup water
- 0.3 cup vegetable oil
- 3 eggs
- 2 teaspoons rum extract
- 12 oz fluffy frosting white
- 0.3 cup coconut flakes flaked toasted

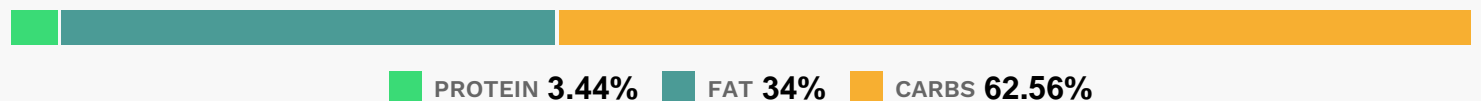
## Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- hand mixer

## Directions

- Heat oven to 350°F (325°F for dark or nonstick pans). Grease and lightly flour bottoms and sides of two 8- or 9-inch round cake pans or bottom only of 13x9-inch pan.
- In large bowl, beat cake mix, pineapple, water, oil, eggs and 1 teaspoon of the rum extract with electric mixer on low speed 2 minutes, scraping bowl occasionally (do not overbeat).
- Pour into pan(s).
- Bake as directed on box. For rounds, cool 10 minutes. Run knife around sides of pans to loosen cakes; remove from pans to cooling rack. Cool completely, about 1 hour. Cool 13x9 in pan.
- Stir remaining 1 teaspoon rum extract into frosting.
- Place 1 cake layer, rounded side down, on serving plate.
- Spread with 1/3 cup frosting. Top with second layer, rounded side up. Frost side and top of cake with remaining frosting; sprinkle with toasted coconut. For 13x9, frost top of cake with frosting; sprinkle with toasted coconut. Store loosely covered.

## Nutrition Facts



## Properties

Glycemic Index:3.58, Glycemic Load:8.28, Inflammation Score:-1, Nutrition Score:6.0904348155727%

## Nutrients (% of daily need)

Calories: 369.34kcal (18.47%), Fat: 14.06g (21.62%), Saturated Fat: 3.82g (23.89%), Carbohydrates: 58.19g (19.4%), Net Carbohydrates: 57.14g (20.78%), Sugar: 39.41g (43.78%), Cholesterol: 40.92mg (13.64%), Sodium: 382.77mg (16.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.4%), Phosphorus: 165.41mg (16.54%), Vitamin K: 16.24µg (15.47%), Vitamin B2: 0.24mg (14.19%), Calcium: 101.7mg (10.17%), Vitamin E: 1.45mg (9.68%), Folate: 37.84µg (9.46%), Vitamin B1: 0.13mg (8.47%), Selenium: 5.1µg (7.29%), Iron: 1.25mg (6.93%), Manganese: 0.13mg (6.7%), Vitamin B3: 1.13mg (5.66%), Fiber: 1.05g (4.21%), Copper: 0.07mg (3.74%), Vitamin B6: 0.07mg (3.57%), Vitamin B5: 0.36mg (3.55%), Magnesium: 10.44mg (2.61%), Vitamin B12: 0.14µg (2.35%), Potassium: 78.12mg (2.23%), Zinc: 0.33mg (2.22%), Vitamin C: 1.8mg (2.19%), Vitamin D: 0.22µg (1.47%), Vitamin A: 68.85IU (1.38%)