



Pina Colada Cake I

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



405 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 0.5 cup butter
- 8 ounce pineapple with juice crushed canned
- 1 cup coconut or flaked
- 0.3 teaspoon cream of tartar
- 6 eggs
- 2 cups flour all-purpose
- 0.5 cup rum light

- 1 tablespoon orange zest
- 0.8 teaspoon salt
- 0.5 cup vegetable oil
- 0.8 cup water
- 1 cup sugar white

Equipment

- bowl
- frying pan
- sauce pan
- oven
- funnel

Directions

- Separate the eggs.
- Combine flour, 1 1/2 cups sugar, baking powder and salt in bowl. Make well in center and add oil, egg yolks, cold water, 1 cup coconut and orange peel. Beat until smooth.
- Beat egg whites with cream of tartar until stiff peaks form. Gradually pour egg yolk mixture over egg whites, folding gently until blended. (Do not blend or stir).
- Pour batter into ungreased 10 inch tube pan.
- Bake at 325 degrees F (165 degrees C) for 1 hour, 15 minutes or until cake springs back when lightly pressed.
- Invert pan on funnel to cool cake completely.
- Combine pineapple, 1 cup sugar and butter in saucepan. Cook stirring until mixture comes to boil. Boil 5 minutes stirring frequently.
- Remove from heat and stir in rum.
- Remove cake from pan, place on serving plate and pierce all over with fork. Spoon mixture over cake.
- Garnish with coconut.....Good Eating!!!

Nutrition Facts

PROTEIN 6.97% FAT 46.05% CARBS 46.98%

Properties

Glycemic Index:30.21, Glycemic Load:28.07, Inflammation Score:-4, Nutrition Score:9.1143478103306%

Nutrients (% of daily need)

Calories: 405.24kcal (20.26%), Fat: 19.72g (30.33%), Saturated Fat: 11.9g (74.36%), Carbohydrates: 45.26g (15.09%), Net Carbohydrates: 42.84g (15.58%), Sugar: 23.99g (26.66%), Cholesterol: 122.61mg (40.87%), Sodium: 417.22mg (18.14%), Alcohol: 4.01g (100%), Alcohol %: 3.24% (100%), Protein: 6.71g (13.43%), Selenium: 18.49µg (26.41%), Manganese: 0.41mg (20.75%), Vitamin B1: 0.24mg (15.8%), Vitamin B2: 0.27mg (15.65%), Folate: 60.58µg (15.14%), Phosphorus: 128mg (12.8%), Iron: 2.13mg (11.81%), Calcium: 99.42mg (9.94%), Fiber: 2.42g (9.69%), Vitamin A: 440.06IU (8.8%), Vitamin B3: 1.62mg (8.12%), Copper: 0.15mg (7.73%), Vitamin B5: 0.6mg (5.98%), Vitamin E: 0.78mg (5.18%), Magnesium: 20.59mg (5.15%), Vitamin B6: 0.1mg (5%), Vitamin K: 5.14µg (4.9%), Zinc: 0.73mg (4.87%), Potassium: 154.75mg (4.42%), Vitamin B12: 0.25µg (4.24%), Vitamin C: 3.08mg (3.73%), Vitamin D: 0.53µg (3.52%)