



## Pina Colada Cake III

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



510 kcal

DESSERT

### Ingredients

- 8 ounce pineapple crushed drained canned
- 14 ounce cream of coconut canned
- 4 eggs
- 3.5 ounce vanilla pudding instant
- 2 tablespoons rum
- 0.3 cup vegetable oil
- 18.3 ounce cake mix yellow

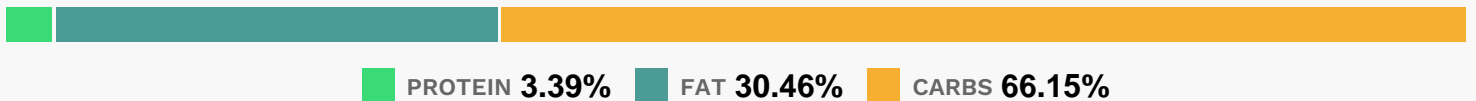
### Equipment

- frying pan
- oven
- knife
- mixing bowl
- hand mixer
- skewers

## Directions

- Preheat oven to 350 degrees F ( 175 degrees C). Grease and flour a 10 inch fluted or tube pan.
- In large mixing bowl, combine cake mix, pudding mix, 1/2 cup coconut creme, 1/2 cup rum, oil, and eggs. Beat with an electric mixer on medium speed for 2 minutes. Stir in pineapple.
- Pour into prepared pan.
- Bake for 50 to 55 minutes. Cool 10 minutes.
- Remove from pan. With a table knife or skewer, poke holes about 1 inch apart in cake almost to bottom.
- Combine remaining coconut creme and 2 tablespoons of rum. Slowly spoon over the cake. Chill thoroughly. Store in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:1.5, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:6.869130331537%

## Nutrients (% of daily need)

Calories: 509.8kcal (25.49%), Fat: 17.06g (26.25%), Saturated Fat: 8.46g (52.88%), Carbohydrates: 83.35g (27.78%), Net Carbohydrates: 81.06g (29.47%), Sugar: 60.03g (66.7%), Cholesterol: 65.47mg (21.82%), Sodium: 484.75mg (21.08%), Alcohol: 1g (100%), Alcohol %: 0.84% (100%), Protein: 4.28g (8.55%), Phosphorus: 197.14mg (19.71%), Vitamin K: 15.08µg (14.36%), Calcium: 123.15mg (12.31%), Vitamin B2: 0.21mg (12.12%), Folate: 44.59µg (11.15%), Selenium: 7.14µg (10.19%), Vitamin B1: 0.15mg (9.99%), Fiber: 2.3g (9.19%), Vitamin E: 1.26mg (8.4%), Iron: 1.46mg (8.1%), Vitamin B3: 1.28mg (6.38%), Manganese: 0.11mg (5.25%), Vitamin B5: 0.46mg (4.58%), Vitamin B6: 0.09mg (4.34%), Copper: 0.08mg (3.85%), Vitamin B12: 0.21µg (3.47%), Magnesium: 10.69mg (2.67%), Zinc: 0.39mg (2.62%), Vitamin C: 2.13mg (2.58%), Vitamin D: 0.35µg (2.35%), Potassium: 78.77mg (2.25%), Vitamin A: 106.38IU

(2.13%)