



Pina Colada Cake IV

READY IN



68 min.

SERVINGS



15

CALORIES



473 kcal

DESSERT

Ingredients

- ☐ 29 ounce pineapple crushed drained canned
- ☐ 7 ounce coconut or flaked
- ☐ 8 ounce cream cheese softened
- ☐ 10 ounce vanilla pudding mix instant
- ☐ 24 ounce non-dairy whipped topping frozen thawed
- ☐ 18.3 ounce duncan hines classic decadent cake mix yellow

Equipment

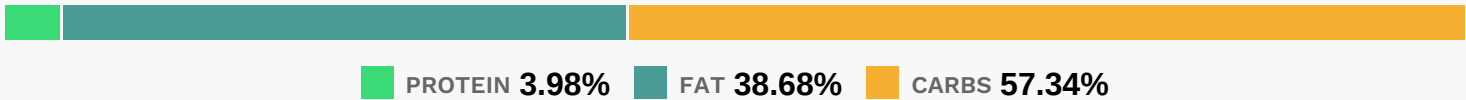
- ☐ bowl

- ☐ frying pan
- ☐ oven

Directions

- ☐ Prepare and bake cake mix according to package directions for a 9x13 inch pan. Cool cake completely. Prepare vanilla pudding according to package directions.
- ☐ Spread vanilla pudding over cake. In a large bowl, beat cream cheese until smooth, then fold in whipped topping.
- ☐ Spread over pudding. distribute crushed pineapple evenly over top, then sprinkle with coconut.

Nutrition Facts



Properties

Glycemic Index:1.8, Glycemic Load:0.23, Inflammation Score:-3, Nutrition Score:7.6939129933067%

Nutrients (% of daily need)

Calories: 473.29kcal (23.66%), Fat: 20.78g (31.96%), Saturated Fat: 16.33g (102.06%), Carbohydrates: 69.29g (23.1%), Net Carbohydrates: 65.9g (23.96%), Sugar: 49.99g (55.54%), Cholesterol: 16.18mg (5.39%), Sodium: 456.69mg (19.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.63%), Manganese: 0.43mg (21.61%), Phosphorus: 188.14mg (18.81%), Fiber: 3.4g (13.59%), Calcium: 132.8mg (13.28%), Vitamin B2: 0.18mg (10.73%), Vitamin B1: 0.16mg (10.4%), Copper: 0.2mg (10%), Selenium: 6.26µg (8.94%), Iron: 1.39mg (7.71%), Folate: 30.11µg (7.53%), Magnesium: 28.11mg (7.03%), Vitamin C: 5.35mg (6.49%), Potassium: 225.56mg (6.44%), Vitamin B6: 0.12mg (6.24%), Vitamin B3: 1.09mg (5.47%), Vitamin A: 264.03IU (5.28%), Vitamin E: 0.74mg (4.96%), Zinc: 0.54mg (3.59%), Vitamin B5: 0.32mg (3.18%), Vitamin K: 3.19µg (3.04%), Vitamin B12: 0.16µg (2.64%)