



## Piña Colada Pound Cakes

 Dairy Free

READY IN



140 min.

SERVINGS



16

CALORIES



237 kcal

DESSERT

### Ingredients

- 1 box cake mix white
- 3 eggs
- 14 oz coconut milk canned (not cream of coconut)
- 2 teaspoons rum extract
- 0.5 cup coconut flakes flaked
- 8 oz pineapple crushed drained canned
- 0.8 cup powdered sugar

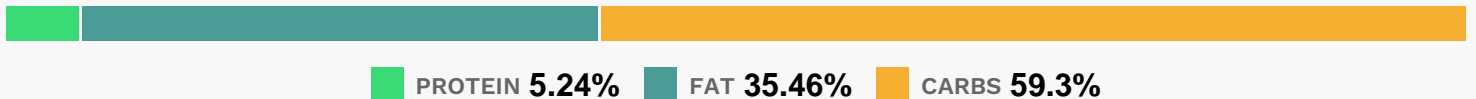
### Equipment

- bowl
- oven
- knife
- loaf pan
- hand mixer
- toothpicks
- serrated knife

## Directions

- Heat oven to 325°F (for all pans). Spray bottoms only of two 8x4-inch loaf pans with baking spray with flour.
- In large bowl, beat cake mix, eggs, coconut milk and rum extract with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Stir in coconut and pineapple.
- Pour into pans.
- Bake 58 to 63 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Run knife around sides of pans to loosen cakes; remove from pans to cooling racks. Cool 50 minutes.
- In small bowl, mix powdered sugar and reserved 3 tablespoons pineapple juice. Poke tops of cakes every inch with toothpick.
- Pour sugar mixture over cakes.
- Cut each cake into 8 thick slices, using serrated knife. Store loosely covered.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:5.4634782490523%

## Nutrients (% of daily need)

Calories: 236.97kcal (11.85%), Fat: 9.61g (14.79%), Saturated Fat: 7.64g (47.77%), Carbohydrates: 36.16g (12.05%),  
Net Carbohydrates: 34.65g (12.6%), Sugar: 22.17g (24.64%), Cholesterol: 30.69mg (10.23%), Sodium: 240.6mg  
(10.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.39%), Manganese: 0.37mg (18.45%),  
Phosphorus: 156.5mg (15.65%), Selenium: 7.43µg (10.62%), Calcium: 82.37mg (8.24%), Folate: 31.41µg (7.85%), Iron:  
1.31mg (7.29%), Copper: 0.13mg (6.74%), Vitamin B2: 0.11mg (6.74%), Vitamin B1: 0.1mg (6.39%), Fiber: 1.52g (6.07%),  
Vitamin B3: 1.02mg (5.11%), Magnesium: 18.24mg (4.56%), Potassium: 128.77mg (3.68%), Zinc: 0.49mg (3.26%),  
Vitamin B5: 0.29mg (2.88%), Vitamin E: 0.42mg (2.8%), Vitamin C: 2.07mg (2.51%), Vitamin B6: 0.05mg (2.49%),  
Vitamin B12: 0.07µg (1.22%), Vitamin D: 0.17µg (1.1%), Vitamin A: 51.64IU (1.03%)