

Pineapple Cake I

 Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



162 kcal

DESSERT

Ingredients

- 20 ounce pineapple rings with juice crushed canned
- 3 eggs
- 18.3 ounce cake mix yellow

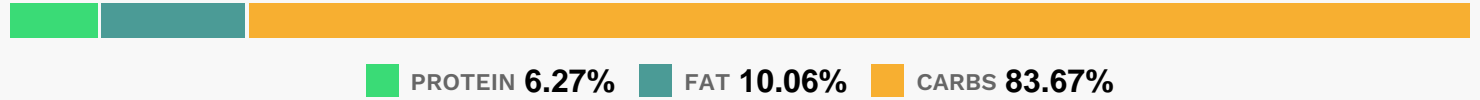
Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Spray a 9 x 13 inch pan with non-stick cooking spray.
- Combine cake mix, pineapple (with juice), and eggs until well-mixed.
- Pour into pan, and bake 30-35 minutes.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:4.1460869312286%

Nutrients (% of daily need)

Calories: 162.19kcal (8.11%), Fat: 1.84g (2.83%), Saturated Fat: 0.84g (5.23%), Carbohydrates: 34.37g (11.46%), Net Carbohydrates: 33.46g (12.17%), Sugar: 20.35g (22.62%), Cholesterol: 32.74mg (10.91%), Sodium: 263.98mg (11.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.16%), Phosphorus: 126.99mg (12.7%), Calcium: 83.75mg (8.38%), Vitamin B1: 0.12mg (8.12%), Vitamin B2: 0.13mg (7.52%), Folate: 29.48µg (7.37%), Selenium: 3.89µg (5.55%), Iron: 0.98mg (5.43%), Vitamin B3: 0.91mg (4.56%), Vitamin C: 3.55mg (4.31%), Fiber: 0.91g (3.62%), Copper: 0.07mg (3.58%), Vitamin B6: 0.07mg (3.49%), Manganese: 0.07mg (3.42%), Vitamin E: 0.42mg (2.78%), Vitamin B5: 0.26mg (2.6%), Magnesium: 10.18mg (2.54%), Potassium: 75.23mg (2.15%), Vitamin B12: 0.11µg (1.88%), Zinc: 0.24mg (1.63%), Vitamin A: 66.42IU (1.33%), Vitamin K: 1.29µg (1.23%), Vitamin D: 0.18µg (1.17%)