

Pineapple Cake III

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



439 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.5 cup butter
- 20 ounce pineapple with juice crushed canned
- 2 cups confectioners' sugar
- 8 ounce cream cheese
- 3 eggs
- 2 cups flour all-purpose
- 0.5 teaspoon salt

- 1 teaspoon vanilla extract
- 0.8 cup vegetable oil
- 1 cup walnuts chopped
- 2 cups sugar white

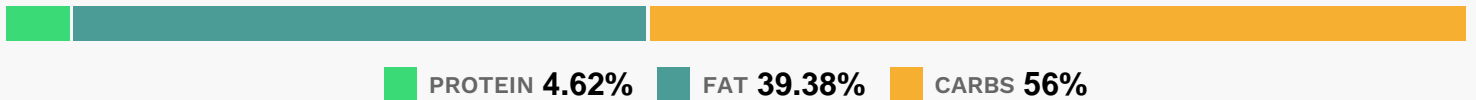
Equipment

- oven
- wire rack
- baking pan

Directions

- Mix together flour, salt, sugar, eggs, soda, and oil. Stir in pineapple with juice and nuts.
- Pour batter into a greased and floured 9 x 13 inch pan.
- Bake at 350 degrees F (175 degrees C) for 45 minutes, or until cake tests done. Cool completely on a wire rack.
- Blend together cream cheese, butter or margarine, confectioners sugar, and vanilla. Frost the cooled cake.

Nutrition Facts



Properties

Glycemic Index:16.14, Glycemic Load:28.15, Inflammation Score:-4, Nutrition Score:6.9756521712179%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg

Nutrients (% of daily need)

Calories: 439.06kcal (21.95%), Fat: 19.73g (30.35%), Saturated Fat: 8.06g (50.36%), Carbohydrates: 63.13g (21.04%), Net Carbohydrates: 61.67g (22.43%), Sugar: 48.54g (53.93%), Cholesterol: 64.28mg (21.43%), Sodium: 260.58mg (11.33%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 5.2g (10.41%), Manganese: 0.39mg (19.33%), Selenium: 10.52µg (15.03%), Vitamin B1: 0.2mg (13.56%), Folate: 45.76µg (11.44%), Vitamin B2: 0.19mg (11.05%), Copper: 0.2mg (10.04%), Vitamin A: 460.13IU (9.2%), Phosphorus: 83.07mg (8.31%), Iron: 1.3mg (7.24%),

Magnesium: 24.26mg (6.07%), Vitamin B3: 1.2mg (6.02%), Fiber: 1.46g (5.86%), Vitamin K: 5.41µg (5.15%), Vitamin B6: 0.1mg (5.06%), Vitamin C: 3.65mg (4.43%), Vitamin E: 0.65mg (4.32%), Zinc: 0.6mg (3.97%), Potassium: 134.28mg (3.84%), Calcium: 38.11mg (3.81%), Vitamin B5: 0.35mg (3.47%), Vitamin B12: 0.12µg (2.07%), Vitamin D: 0.18µg (1.17%)