



Pineapple Cherry Cake

 Dairy Free

READY IN



50 min.

SERVINGS



15

CALORIES



209 kcal

DESSERT

Ingredients

- 15 ounce pineapple with juice crushed canned
- 3 eggs
- 1 cup walnuts chopped
- 18.3 ounce cherry cake mix

Equipment

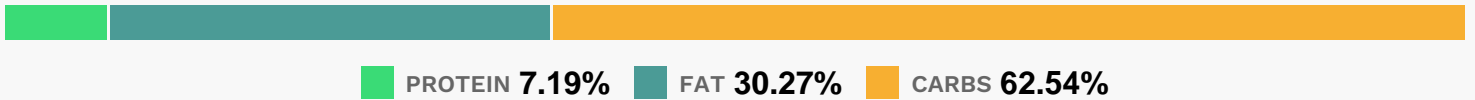
- bowl
- frying pan
- oven

- hand mixer
- toothpicks
- measuring cup

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan.
- Pour the cake mix into a large bowl. add the eggs.
- Drain the juice from the pineapple into a measuring cup and add water, if necessary, to make 1 1/4 cups. add the juice to the cake mix, and beat the mixture with an electric mixer until smooth, about 3 minutes. Fold in the nuts and pineapple, then spread the mixture evenly into the prepared pan.
- Bake in the preheated oven for 35 to 40 minutes, or until a toothpick inserted into the cake comes out clean. Allow to cool.

Nutrition Facts



Properties

Glycemic Index: 1.33, Glycemic Load: 0.11, Inflammation Score: -2, Nutrition Score: 5.8134782677111%

Flavonoids

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

Nutrients (% of daily need)

Calories: 208.92kcal (10.45%), Fat: 7.23g (11.12%), Saturated Fat: 1.43g (8.93%), Carbohydrates: 33.6g (11.2%), Net Carbohydrates: 32.33g (11.76%), Sugar: 18.79g (20.88%), Cholesterol: 32.74mg (10.91%), Sodium: 251.96mg (10.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.72%), Manganese: 0.34mg (16.97%), Phosphorus: 162.63mg (16.26%), Copper: 0.19mg (9.43%), Folate: 37.34µg (9.34%), Calcium: 92.65mg (9.26%), Vitamin B1: 0.13mg (8.93%), Selenium: 6.16µg (8.81%), Vitamin B2: 0.13mg (7.81%), Iron: 1.13mg (6.29%), Magnesium: 21.43mg (5.36%), Fiber: 1.27g (5.08%), Vitamin B3: 1mg (4.99%), Vitamin B6: 0.09mg (4.39%), Zinc: 0.54mg (3.61%), Vitamin C: 2.77mg (3.35%), Vitamin E: 0.45mg (3.02%), Potassium: 103.08mg (2.95%), Vitamin B5: 0.28mg (2.81%), Vitamin B12: 0.08µg (1.31%), Vitamin K: 1.37µg (1.3%), Vitamin A: 63.25IU (1.27%), Vitamin D: 0.18µg (1.17%)