



Pineapple-Cherry Dump Cake

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



293 kcal

DESSERT

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 20 ounce cherry pie filling light canned
- ☐ 0.3 cup pecans chopped
- ☐ 15.3 ounce pineapple unsweetened crushed undrained canned
- ☐ 1 cup water
- ☐ 18.3 ounce duncan hines classic decadent cake mix white

Equipment

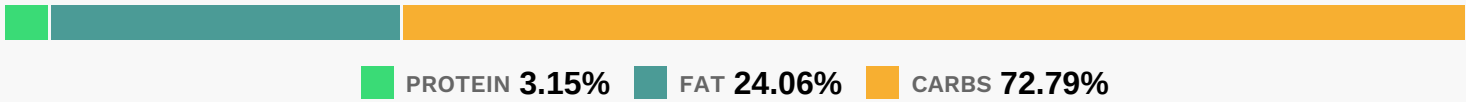
- ☐ oven

☐ baking pan

Directions

- ☐ Spread crushed pineapple evenly into a lightly greased 13- x 9-inch baking dish.
- ☐ Spread cherry pie filling over pineapple.
- ☐ Stir together cake mix, 1 cup water, and oil just until blended. (Batter will be lumpy.)
- ☐ Pour over cherry filling.
- ☐ Sprinkle with pecans.
- ☐ Bake at 350 for 40 to 50 minutes or until cake is golden.

Nutrition Facts



Properties

Glycemic Index:0.83, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:5.6608696191207%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 293.29kcal (14.66%), Fat: 7.97g (12.25%), Saturated Fat: 1.34g (8.35%), Carbohydrates: 54.22g (18.07%), Net Carbohydrates: 52.78g (19.19%), Sugar: 23.37g (25.97%), Cholesterol: 0mg (0%), Sodium: 308.64mg (13.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.69%), Phosphorus: 161.2mg (16.12%), Calcium: 107.56mg (10.76%), Vitamin B1: 0.16mg (10.47%), Manganese: 0.2mg (10.24%), Folate: 34.37µg (8.59%), Vitamin E: 1.23mg (8.21%), Copper: 0.14mg (7.08%), Vitamin B2: 0.11mg (6.57%), Vitamin C: 5.11mg (6.2%), Iron: 1.11mg (6.18%), Vitamin B3: 1.22mg (6.12%), Selenium: 4.13µg (5.9%), Fiber: 1.44g (5.78%), Vitamin K: 4.82µg (4.59%), Magnesium: 16.4mg (4.1%), Potassium: 130.33mg (3.72%), Vitamin B6: 0.06mg (3.07%), Zinc: 0.36mg (2.42%), Vitamin A: 116.15IU (2.32%), Vitamin B5: 0.18mg (1.76%)