



Pineapple Icebox Cake

 Vegetarian

READY IN



495 min.

SERVINGS



8

CALORIES



690 kcal

DESSERT

Ingredients

- 2 boxes vanilla pudding instant (6-serving size each) (not)
- 5.3 cups milk
- 0.8 cup pineapple juice
- 40 oz pineapple rings drained sliced canned
- 12 oz vanilla wafers
- 2 cups whipping cream
- 2 tablespoons powdered sugar

Equipment

- bowl
- sauce pan
- hand mixer
- springform pan

Directions

- In 2-quart saucepan, cook pudding mix, milk and pineapple juice as directed on box.
- In 9-inch springform pan, place a single layer of cookies. Top with a single layer of pineapple.
- Pour 2 cups of the cooked pudding on top. Repeat layers, using remaining cookies, pineapple and pudding (you will be short 1 pineapple slice on top; add extra cookies to this spot). Cover; refrigerate at least 8 hours or overnight.
- In chilled medium bowl, beat whipping cream with electric mixer on medium speed until soft peaks form.
- Add powdered sugar; beat until incorporated.
- To serve, carefully remove side of springform pan. Top cake with whipped cream just before serving.

Nutrition Facts



PROTEIN 5.4% **FAT 43.77%** **CARBS 50.83%**

Properties

Glycemic Index:20.13, Glycemic Load:27.61, Inflammation Score:-7, Nutrition Score:13.160869577657%

Nutrients (% of daily need)

Calories: 690.35kcal (34.52%), Fat: 34.28g (52.74%), Saturated Fat: 19.12g (119.51%), Carbohydrates: 89.59g (29.86%), Net Carbohydrates: 86.97g (31.62%), Sugar: 66.3g (73.66%), Cholesterol: 86.88mg (28.96%), Sodium: 402.16mg (17.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.52g (19.03%), Vitamin B1: 0.44mg (29.17%), Vitamin B2: 0.47mg (27.56%), Calcium: 263mg (26.3%), Vitamin A: 1206.03IU (24.12%), Phosphorus: 226.27mg (22.63%), Vitamin C: 15.89mg (19.27%), Vitamin D: 2.71µg (18.09%), Vitamin B12: 0.96µg (16%), Potassium: 541.8mg (15.48%), Folate: 50.87µg (12.72%), Vitamin B6: 0.25mg (12.35%), Magnesium: 47.3mg (11.82%), Fiber: 2.63g (10.51%), Copper: 0.18mg (9.01%), Vitamin B3: 1.76mg (8.79%), Selenium: 5.64µg (8.06%), Vitamin B5: 0.76mg (7.61%), Zinc: 0.97mg (6.47%), Manganese: 0.12mg (6.03%), Vitamin E: 0.66mg (4.4%), Vitamin K: 3.44µg (3.28%), Iron: 0.55mg (3.03%)