



## Pineapple Icebox Cake



Vegetarian

READY IN



370 min.

SERVINGS



12

CALORIES



186 kcal

DESSERT

### Ingredients

- ☐ 0.8 cup confectioners' sugar
- ☐ 1 large eggs
- ☐ 0.8 cup heavy whipping cream
- ☐ 8 oz pineapple dry crushed drained canned
- ☐ 4 tablespoons butter salted softened (I used )
- ☐ 1 teaspoon vanilla extract
- ☐ 5 ounces vanilla wafers crushed ( 35)

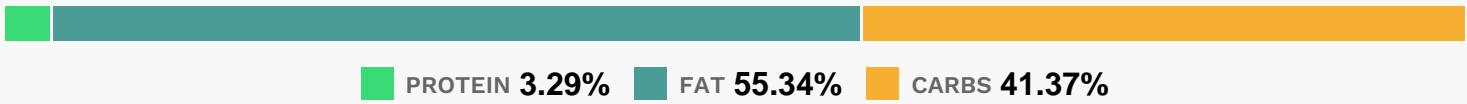
### Equipment

- ☐ frying pan
- ☐ mixing bowl
- ☐ loaf pan
- ☐ hand mixer

## Directions

- ☐ Rub an 8 1/2 by 4 1/2 inch or 9×5 inch loaf pan generously with butter.
- ☐ Sprinkle half of the crumbs over the bottom of the pan and press down tightly.In a mixing bowl, using a handheld electric mixer, beat the cream until stiff peaks form. Beat in half of the vanilla and 1 tablespoon of the confectioners’ sugar. Fold in the drained pineapple and set aside.In a second mixing bowl, beat the softened butter and remaining 3/4 cup confectioners’ sugar until creamy. Beat in egg and remaining vanilla.
- ☐ Pour half of the egg mixture over the crumbs (you don’t have to cover them completely), then carefully spread half of the whipped cream/pineapple mixture over the egg mixture.Make a second layer by sprinkling on remaining crumbs, pouring on remaining egg mixture, and carefully spreading a top layer of whipped cream/pineapple mixture.Chill for about 8 hours or overnight.Before serving, sprinkle top with toasted and crushed walnuts.
- ☐ Cut into squares and serve.

## Nutrition Facts



## Properties

Glycemic Index:10.58, Glycemic Load:6.52, Inflammation Score:-2, Nutrition Score:2.057391324445%

## Nutrients (% of daily need)

Calories: 186.04kcal (9.3%), Fat: 11.63g (17.89%), Saturated Fat: 6.63g (41.41%), Carbohydrates: 19.56g (6.52%), Net Carbohydrates: 19.15g (6.96%), Sugar: 14.26g (15.84%), Cholesterol: 42.46mg (14.15%), Sodium: 87.79mg (3.82%), Alcohol: 0.11g (100%), Alcohol %: 0.23% (100%), Protein: 1.56g (3.11%), Vitamin A: 367.23IU (7.34%), Vitamin B1: 0.07mg (4.92%), Vitamin B2: 0.08mg (4.79%), Folate: 14.03µg (3.51%), Selenium: 1.89µg (2.7%), Phosphorus: 24.3mg (2.43%), Vitamin C: 1.87mg (2.26%), Vitamin D: 0.32µg (2.14%), Vitamin E: 0.29mg (1.95%), Vitamin B3: 0.38mg (1.88%), Fiber: 0.41g (1.64%), Calcium: 16.41mg (1.64%), Potassium: 55mg (1.57%), Vitamin B6: 0.03mg (1.33%), Copper: 0.03mg (1.28%), Vitamin B12: 0.07µg (1.15%), Magnesium: 4.51mg (1.13%), Vitamin B5: 0.11mg (1.07%)