



Pineapple Lemon Cake

 Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



245 kcal

DESSERT

Ingredients

- ☐ 0.3 cup apple sauce
- ☐ 15 ounce pineapple with juice crushed canned
- ☐ 6 egg whites
- ☐ 3.5 ounce vanilla pudding mix instant
- ☐ 18.3 ounce lemon cake mix
- ☐ 16 ounce non-dairy whipped topping frozen thawed

Equipment

- ☐ frying pan

☐ oven

Directions

- ☐ Prepare cake mix as directed, except substitute egg whites for eggs and applesauce for oil.
- ☐ Bake in a 9x13 inch pan as directed.
- ☐ Pour pineapple over cake as soon as it comes out of the oven. Cool.
- ☐ To make the frosting: Prepare instant pudding as directed. Fold in whipped topping.
- ☐ Let sit 10 minutes.
- ☐ Spread over cake.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:4.1639130841131%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 245.26kcal (12.26%), Fat: 5g (7.7%), Saturated Fat: 3.98g (24.9%), Carbohydrates: 46.86g (15.62%), Net Carbohydrates: 45.98g (16.72%), Sugar: 31.95g (35.5%), Cholesterol: 0.6mg (0.2%), Sodium: 335.19mg (14.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.33%), Phosphorus: 133.49mg (13.35%), Calcium: 100.17mg (10.02%), Vitamin B2: 0.17mg (9.88%), Vitamin B1: 0.12mg (7.77%), Folate: 26.42µg (6.61%), Selenium: 4.35µg (6.21%), Iron: 0.85mg (4.75%), Vitamin B3: 0.93mg (4.63%), Fiber: 0.88g (3.53%), Manganese: 0.07mg (3.45%), Vitamin C: 2.72mg (3.3%), Vitamin E: 0.48mg (3.22%), Copper: 0.06mg (3.19%), Potassium: 106.8mg (3.05%), Magnesium: 11.3mg (2.83%), Vitamin B6: 0.06mg (2.8%), Vitamin K: 2.19µg (2.09%), Vitamin B12: 0.11µg (1.76%), Vitamin B5: 0.15mg (1.51%), Zinc: 0.16mg (1.06%)