



## Pineapple Mandarin Cake

READY IN



45 min.

SERVINGS



6

CALORIES



1192 kcal

DESSERT

### Ingredients

- 1 tablespoon double-acting baking powder
- 0.5 cup butter softened
- 2.8 cups cake flour
- 11 ounce mandarin orange segments drained canned
- 4 cups confectioners' sugar sifted
- 3 eggs
- 2 teaspoons juice of lemon
- 0.3 cup cup heavy whipping cream light
- 1.3 cups milk

- 10 ounces pineapple crushed drained
- 1 teaspoon salt
- 0.7 cup shortening
- 1 teaspoon vanilla extract
- 1.5 cups sugar white

## Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks

## Directions

- Combine flour, baking powder, and salt. Stir well to blend.
- In a large bowl, cream shortening, white sugar, eggs, and vanilla together; beat until light and fluffy.
- Add flour mixture to creamed mixture alternately with milk, making 3 dry and 2 liquid additions; combine lightly after each.
- Spread batter evenly into 2 greased and floured 8 inch round layer cake pans.
- Bake at 350 degrees F (175 degrees C) for 35 to 40 minutes, or until toothpick inserted in center comes out clean. Cool cake in pan 10 minutes, then turn out on wire rack to cool completely.
- Cream butter or margarine. Gradually blend in confectioners' sugar, cream, and lemon juice. Beat until light and creamy. Fill and frost the cake. Decorate top with a ring of well drained mandarin orange segments around outside edge. Fill center with well drained crushed pineapple. Decorate center with a few additional orange sections.

## Nutrition Facts



**PROTEIN 4.09%** **FAT 34.25%** **CARBS 61.66%**

## Properties

Glycemic Index:52.85, Glycemic Load:63.3, Inflammation Score:-7, Nutrition Score:14.590869613316%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 1192.03kcal (59.6%), Fat: 46.21g (71.1%), Saturated Fat: 19.19g (119.92%), Carbohydrates: 187.19g (62.4%), Net Carbohydrates: 184.56g (67.11%), Sugar: 142.18g (157.98%), Cholesterol: 140.07mg (46.69%), Sodium: 783.75mg (34.08%), Alcohol: 0.23g (100%), Alcohol %: 0.07% (100%), Protein: 12.43g (24.86%), Selenium: 31.95µg (45.65%), Vitamin A: 1487.02IU (29.74%), Vitamin C: 22.77mg (27.59%), Manganese: 0.47mg (23.52%), Calcium: 232.28mg (23.23%), Phosphorus: 217.53mg (21.75%), Vitamin E: 2.5mg (16.67%), Vitamin B2: 0.28mg (16.48%), Vitamin K: 14.44µg (13.75%), Vitamin B1: 0.19mg (12.49%), Fiber: 2.62g (10.49%), Copper: 0.2mg (10.18%), Vitamin B5: 0.99mg (9.94%), Magnesium: 38.08mg (9.52%), Zinc: 1.37mg (9.16%), Potassium: 318.24mg (9.09%), Vitamin B12: 0.54µg (9.01%), Folate: 35.51µg (8.88%), Iron: 1.49mg (8.3%), Vitamin B6: 0.15mg (7.7%), Vitamin D: 1.1µg (7.31%), Vitamin B3: 1.03mg (5.14%)