



Pineapple Meringue Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



239 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.3 cup butter softened
- 8 ounce pineapple crushed drained canned
- 2 tablespoons confectioners' sugar
- 2 egg whites
- 2 egg yolks
- 1 cup flour all-purpose
- 1 cup heavy whipping cream

- 0.5 cup milk
- 0.5 cup pecans chopped
- 0.5 teaspoon rum extract flavored
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract
- 0.5 cup sugar white

Equipment

- bowl
- oven
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 8 inch round pans.
- In a large bowl, cream butter and 1/2 cup sugar until light and fluffy.
- Add egg yolks and 1/2 teaspoon vanilla. Beat well. Stir together flour, baking powder, and salt.
- Add to butter mixture alternately with milk.
- Pour into two 8 inch round cake pans.
- Wash and dry beaters and bowl thoroughly. In a large, bowl beat egg whites, 1 teaspoon vanilla, and the rum extract until soft peaks form. Gradually add the remaining 1/2 cup sugar. Continue beating until stiff peaks form. Drop small spoonfuls of meringue over unbaked batter in pans, then carefully spread out to cover.
- Sprinkle pecans over meringue and press lightly into surface.
- Bake at 350 degrees F (175 degrees C) for 25 to 30 minutes or until a wooden toothpick inserted in center comes out clean. Cool cakes in pans for 10 minutes.
- Combine whipping cream, confectioners sugar, and the remaining vanilla. Beat until soft peaks form. Fold in pineapple.
- Place one layer, meringue side up, on cake plate.
- Spread filling over.
- Place second layer on top with meringue side up. Chill 1 to 2 hours. Store in refrigerator.

Nutrition Facts

PROTEIN 5.81% FAT 57.3% CARBS 36.89%

Properties

Glycemic Index:27.92, Glycemic Load:11.9, Inflammation Score:-4, Nutrition Score:5.1600000029025%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 238.84kcal (11.94%), Fat: 15.54g (23.91%), Saturated Fat: 7.77g (48.54%), Carbohydrates: 22.52g (7.51%), Net Carbohydrates: 21.55g (7.84%), Sugar: 13.69g (15.21%), Cholesterol: 66.2mg (22.07%), Sodium: 151.35mg (6.58%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Protein: 3.55g (7.1%), Manganese: 0.28mg (13.98%), Selenium: 7.35µg (10.51%), Vitamin B1: 0.15mg (9.76%), Vitamin A: 481.46IU (9.63%), Vitamin B2: 0.15mg (9.07%), Phosphorus: 71.49mg (7.15%), Calcium: 68.26mg (6.83%), Folate: 26.52µg (6.63%), Copper: 0.1mg (4.82%), Iron: 0.82mg (4.55%), Vitamin D: 0.59µg (3.94%), Fiber: 0.96g (3.86%), Vitamin B3: 0.75mg (3.77%), Magnesium: 14.2mg (3.55%), Zinc: 0.46mg (3.09%), Vitamin E: 0.45mg (2.99%), Potassium: 100.65mg (2.88%), Vitamin B5: 0.28mg (2.78%), Vitamin B12: 0.16µg (2.63%), Vitamin B6: 0.05mg (2.62%), Vitamin C: 1.95mg (2.36%), Vitamin K: 1.34µg (1.28%)