



Pineapple Pecan Cake



Vegetarian



Dairy Free

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READY IN

ready

45 min.

SERVINGS

servings

15

CALORIES

calories

240 kcal

DESSERT

Ingredients



1 teaspoon baking soda



15 ounce pineapple with juice crushed canned



2 eggs beaten



2 cups flour all-purpose



1 cup pecans chopped



1 teaspoon vanilla extract



2 cups sugar white

Equipment

- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan.
- ☐ Sift together the flour, sugar and baking soda. Stir in the eggs, pineapple and vanilla, mixing until blended. Fold in pecans.
- ☐ Pour batter into prepared pan.
- ☐ Bake in the preheated oven for 35 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

Nutrition Facts



Properties

Glycemic Index:10.34, Glycemic Load:27.85, Inflammation Score:-2, Nutrition Score:5.217826138372%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg

Nutrients (% of daily need)

Calories: 239.71kcal (11.99%), Fat: 6.07g (9.34%), Saturated Fat: 0.66g (4.13%), Carbohydrates: 44.78g (14.93%), Net Carbohydrates: 43.26g (15.73%), Sugar: 31.04g (34.49%), Cholesterol: 21.82mg (7.27%), Sodium: 82.2mg (3.57%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Protein: 3.27g (6.54%), Manganese: 0.44mg (22.2%), Vitamin B1: 0.21mg (14.01%), Selenium: 8µg (11.43%), Folate: 36.27µg (9.07%), Vitamin B2: 0.13mg (7.64%), Copper: 0.15mg (7.39%), Iron: 1.15mg (6.4%), Fiber: 1.52g (6.06%), Vitamin B3: 1.16mg (5.78%), Phosphorus: 51.75mg (5.17%), Magnesium: 17.45mg (4.36%), Zinc: 0.55mg (3.69%), Vitamin C: 2.74mg (3.33%), Vitamin B6: 0.05mg (2.69%), Potassium: 91.8mg (2.62%), Vitamin B5: 0.23mg (2.26%), Calcium: 15.7mg (1.57%), Vitamin E: 0.18mg (1.19%)