



Pineapple Picnic Cake

 Vegetarian

READY IN



65 min.

SERVINGS



16

CALORIES



394 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter room temperature
- ☐ 20 ounce pineapple crushed undrained canned
- ☐ 16 ounce confectioners' sugar
- ☐ 8 ounce cream cheese room temperature
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon vanilla extract

☐ 2 cups sugar white

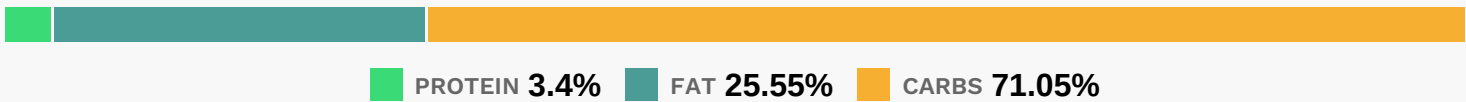
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 320 degrees F (160 degrees C). Grease and place a layer of waxed paper in a 9x13-inch baking pan. Butter and flour the waxed paper layer.
- ☐ Mix flour, white sugar, pineapple, baking soda, eggs, 1 cup coconut, and 1 cup walnuts together in a bowl.
- ☐ Pour batter into prepared baking pan.
- ☐ Bake in the preheated oven until cake is golden brown and a toothpick inserted in the center comes out clean, 40 to 45 minutes.
- ☐ Let cool for about 15 minutes in the pan; run a knife around the edge of the cake to loosen from pan. Flip onto cooling rack.
- ☐ Whip butter, cream cheese, confectioners' sugar, and vanilla extract together in a bowl until light and creamy. Frost the cooled cake. Top with about 1/2 cup chopped walnuts and 1/2 cup shredded coconut.

Nutrition Facts



Properties

Glycemic Index:13.88, Glycemic Load:26.29, Inflammation Score:-3, Nutrition Score:4.4434782007466%

Nutrients (% of daily need)

Calories: 393.73kcal (19.69%), Fat: 11.42g (17.58%), Saturated Fat: 6.71g (41.93%), Carbohydrates: 71.49g (23.83%), Net Carbohydrates: 70.61g (25.67%), Sugar: 58.36g (64.85%), Cholesterol: 50.03mg (16.68%), Sodium: 167.84mg (7.3%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 3.42g (6.84%), Selenium: 8.74µg (12.48%), Vitamin B1: 0.16mg (10.98%), Vitamin B2: 0.16mg (9.13%), Folate: 34.44µg (8.61%), Vitamin A: 415.06IU (8.3%), Manganese: 0.11mg (5.62%), Iron: 0.97mg (5.37%), Vitamin B3: 1.04mg (5.22%), Phosphorus: 47.13mg (4.71%), Vitamin C: 3.33mg (4.04%), Copper: 0.07mg (3.54%), Fiber: 0.88g (3.53%), Magnesium: 10.86mg (2.72%), Calcium: 27.11mg (2.71%), Potassium: 90.1mg (2.57%), Vitamin B6: 0.05mg (2.55%), Vitamin B5: 0.24mg (2.41%), Vitamin E: 0.36mg (2.4%), Zinc: 0.3mg (1.99%), Vitamin B12: 0.09µg (1.54%), Vitamin K: 1.11µg (1.05%)