



Pineapple Sheet Cake II

 Vegetarian  Dairy Free

READY IN



35 min.

SERVINGS



19

CALORIES



155 kcal

DESSERT

Ingredients

- 2 teaspoons baking soda
- 20 ounce pineapple with juice crushed canned
- 2 eggs
- 2 cups flour all-purpose
- 2 teaspoons vanilla extract
- 2 cups sugar white

Equipment

- bowl

- frying pan
- oven
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 10x15 inch sheet pan.
- Sift together the flour, sugar and baking soda into a large bowl. Stir together the eggs, pineapple with juice and vanilla. Make a well in the flour mixture and pour in the pineapple mixture.
- Mix well and spread into prepared pan.
- Bake in the preheated oven for 25 to 30 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

Nutrition Facts



PROTEIN 5.33% **FAT 3.83%** **CARBS 90.84%**

Properties

Glycemic Index:7.64, Glycemic Load:21.96, Inflammation Score:-1, Nutrition Score:2.9230434622454%

Nutrients (% of daily need)

Calories: 154.69kcal (7.73%), Fat: 0.67g (1.03%), Saturated Fat: 0.17g (1.05%), Carbohydrates: 35.74g (11.91%), Net Carbohydrates: 35g (12.73%), Sugar: 25.37g (28.19%), Cholesterol: 17.23mg (5.74%), Sodium: 122.59mg (5.33%), Alcohol: 0.14g (100%), Alcohol %: 0.26% (100%), Protein: 2.1g (4.19%), Vitamin B1: 0.14mg (9.04%), Selenium: 6.13µg (8.76%), Folate: 27.75µg (6.94%), Vitamin B2: 0.1mg (5.7%), Manganese: 0.09mg (4.64%), Iron: 0.79mg (4.37%), Vitamin B3: 0.87mg (4.33%), Vitamin C: 2.81mg (3.4%), Fiber: 0.74g (2.97%), Copper: 0.06mg (2.8%), Phosphorus: 25.5mg (2.55%), Magnesium: 7.98mg (1.99%), Vitamin B6: 0.04mg (1.81%), Potassium: 58.52mg (1.67%), Vitamin B5: 0.13mg (1.29%), Zinc: 0.18mg (1.23%)