



Preacher's Delight

READY IN



50 min.

SERVINGS



15

CALORIES



402 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 ounce cream of coconut canned
- 0.8 cup pineapple juice
- 14 ounce condensed milk sweetened canned
- 16 ounce non-dairy whipped topping frozen thawed
- 18.3 ounce duncan hines classic decadent cake mix white



Equipment

- frying pan
- oven

Directions

- Prepare and bake white cake mix according to package directions for a 9x13 inch pan.
- Remove cake from oven. While still hot, using a utility fork, poke holes all over the top of the cake.
- Mix cream of coconut, sweetened condensed milk and pineapple juice together.
- Pour over the top of the hot cake.
- Let cake cool completely then frost with the whipped topping. Keep cake refrigerated

Nutrition Facts

 **PROTEIN 4.42%**  **FAT 26.65%**  **CARBS 68.93%**

Properties

Glycemic Index:7.13, Glycemic Load:9.47, Inflammation Score:-1, Nutrition Score:5.5886956699516%

Nutrients (% of daily need)

Calories: 401.81kcal (20.09%), Fat: 11.96g (18.4%), Saturated Fat: 9.51g (59.46%), Carbohydrates: 69.63g (23.21%), Net Carbohydrates: 68.34g (24.85%), Sugar: 54.86g (60.96%), Cholesterol: 9.6mg (3.2%), Sodium: 307.87mg (13.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.93%), Phosphorus: 206.5mg (20.65%), Calcium: 173.69mg (17.37%), Vitamin B2: 0.21mg (12.62%), Selenium: 7.62µg (10.89%), Folate: 30.09µg (7.52%), Vitamin B1: 0.11mg (7.44%), Manganese: 0.13mg (6.59%), Fiber: 1.28g (5.14%), Potassium: 165.43mg (4.73%), Vitamin B3: 0.93mg (4.66%), Iron: 0.79mg (4.39%), Magnesium: 14.21mg (3.55%), Vitamin E: 0.5mg (3.31%), Vitamin B5: 0.31mg (3.06%), Zinc: 0.45mg (3%), Vitamin B12: 0.18µg (2.95%), Vitamin C: 1.87mg (2.26%), Copper: 0.04mg (2.15%), Vitamin B6: 0.04mg (2.05%), Vitamin K: 2.09µg (1.99%), Vitamin A: 93.61IU (1.87%)