

Precious Pineapple Cake

READY IN



35 min.

SERVINGS



3

CALORIES



2096 kcal

DESSERT

Ingredients

- 20 ounce pineapple rings with juice crushed canned
- 4 cups powdered sugar
- 8 ounce cream cheese softened
- 3 eggs
- 0.5 cup butter softened
- 0.5 cup pecans chopped
- 18.3 ounce cake mix yellow

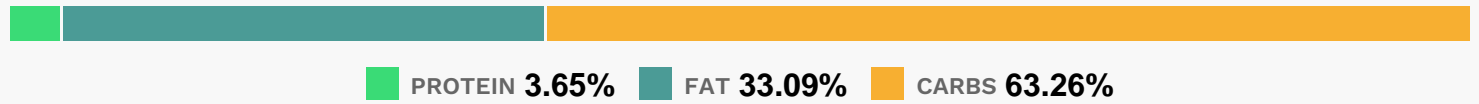
Equipment

- bowl
- oven
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour 3 – 8 inch round pans.
- In a large bowl cream 1/2 cup margarine until smooth. Blend in the eggs.
- Add the cake mix and crushed pineapple with juice and mix until smooth. Stir in the 1/2 cup chopped pecans.
- Pour batter into prepared pans.
- Bake in the preheated oven for 20 to 30 minutes, or until a toothpick inserted into the centers of the cakes comes out clean. Allow to cool.
- To make the frosting: In a medium bowl cream 1/2 cup softened margarine and the cream cheese until smooth. Gradually blend in the confectioners' sugar and 1/2 cup chopped pecans.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:1.2, Inflammation Score:-9, Nutrition Score:30.579565545787%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg

Nutrients (% of daily need)

Calories: 2095.52kcal (104.78%), Fat: 78.73g (121.12%), Saturated Fat: 26.9g (168.11%), Carbohydrates: 338.57g (112.86%), Net Carbohydrates: 332.3g (120.84%), Sugar: 261.82g (290.91%), Cholesterol: 240.03mg (80.01%), Sodium: 1917.22mg (83.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.54g (39.09%), Phosphorus:

774.89mg (77.49%), Manganese: 1.17mg (58.7%), Vitamin A: 2710.86IU (54.22%), Vitamin B2: 0.88mg (51.83%), Calcium: 517.77mg (51.78%), Vitamin B1: 0.75mg (49.99%), Folate: 158.58µg (39.65%), Selenium: 27.59µg (39.41%), Iron: 5.53mg (30.7%), Copper: 0.6mg (30.04%), Vitamin E: 4.16mg (27.76%), Fiber: 6.27g (25.08%), Vitamin B3: 4.85mg (24.26%), Vitamin C: 18.04mg (21.87%), Vitamin B6: 0.43mg (21.66%), Magnesium: 80.8mg (20.2%), Vitamin B5: 1.92mg (19.22%), Potassium: 569.5mg (16.27%), Zinc: 2.44mg (16.26%), Vitamin B12: 0.77µg (12.8%), Vitamin K: 8.68µg (8.27%), Vitamin D: 0.88µg (5.87%)