



Quick Camping Pineapple Cakes

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



248 kcal

DESSERT

Ingredients

- 2 tablespoons brown sugar divided
- 20 1 (20 ounce) can crushed pineapple crushed drained canned
- 18 maraschino cherries
- 0.3 cup pecans divided chopped
- 12 ounce sponge cake shells prepared

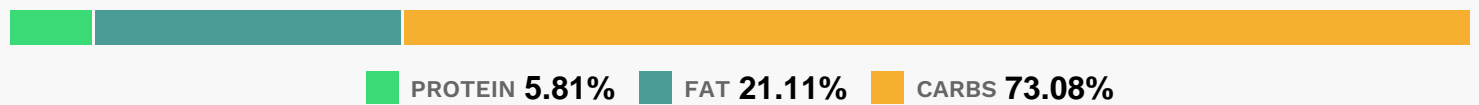
Equipment

- aluminum foil

Directions

- Spray the aluminum sheets with cooking spray, and place a sponge cake shell in the center of each sheet. Spoon the crushed pineapple into the cakes, dividing it equally, and sprinkle each cake with about 1 teaspoon of brown sugar and about 2 teaspoons of nuts. Top each cake with 3 maraschino cherries, and drizzle 1 to 2 teaspoons of the pineapple juice over each cake.
- Wrap the cakes in the foil, leaving some room at the top for air circulation.
- Place the foil packs onto the embers of a campfire until the cakes are hot and bubbling, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:1.67, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:5.3604347200497%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Nutrients (% of daily need)

Calories: 248.22kcal (12.41%), Fat: 5.93g (9.12%), Saturated Fat: 0.84g (5.22%), Carbohydrates: 46.17g (15.39%), Net Carbohydrates: 44.78g (16.28%), Sugar: 31.22g (34.69%), Cholesterol: 57.83mg (19.28%), Sodium: 354.99mg (15.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.34%), Manganese: 0.4mg (19.8%), Vitamin B1: 0.18mg (12.08%), Iron: 1.8mg (9.99%), Phosphorus: 95.29mg (9.53%), Vitamin B2: 0.16mg (9.48%), Selenium: 5.48µg (7.83%), Folate: 28.19µg (7.05%), Copper: 0.13mg (6.74%), Vitamin B3: 1.18mg (5.9%), Calcium: 55.88mg (5.59%), Fiber: 1.39g (5.55%), Zinc: 0.61mg (4.05%), Magnesium: 15.02mg (3.76%), Vitamin B5: 0.34mg (3.37%), Potassium: 93.56mg (2.67%), Vitamin B6: 0.05mg (2.35%), Vitamin B12: 0.14µg (2.27%), Vitamin A: 99.12IU (1.98%), Vitamin E: 0.23mg (1.53%)