



WHATSheATE



Quick Ginger Bread-Pineapple Cake

READY IN



45 min.

SERVINGS



8

CALORIES



266 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 1 tablespoon butter melted
- ☐ 14.5 ounce gingerbread cake and cookie mix
- ☐ 2 egg whites
- ☐ 15.3 ounce pineapple in juice undrained sliced canned

Equipment

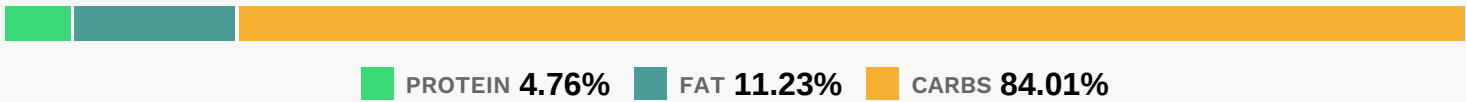
- ☐ frying pan
- ☐ oven

- ☐ wire rack
- ☐ cake form
- ☐ spatula

Directions

- ☐ Preheat oven to 350
- ☐ Drain pineapple, reserving juice.
- ☐ Add enough water to juice to equal 3/4 cup; set aside. Pat pineapple slices dry.
- ☐ Coat a 9-inch round cake pan with melted butter; sprinkle with brown sugar. Arrange pineapple slices on top of brown sugar.
- ☐ Combine pineapple juice mixture, cake mix, and egg whites; stir with a fork 1 minute.
- ☐ Pour batter into prepared cake pan.
- ☐ Bake at 350 for 40 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 5 minutes on a wire rack. Loosen cake from sides of pan, using a narrow metal spatula. Invert cake onto a serving plate.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:5.4760869184266%

Nutrients (% of daily need)

Calories: 266.14kcal (13.31%), Fat: 3.39g (5.21%), Saturated Fat: 1.91g (11.92%), Carbohydrates: 57g (19%), Net Carbohydrates: 55.74g (20.27%), Sugar: 36.05g (40.06%), Cholesterol: 3.76mg (1.25%), Sodium: 382.26mg (16.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.47%), Phosphorus: 178.77mg (17.88%), Calcium: 127.83mg (12.78%), Vitamin B1: 0.17mg (11.13%), Folate: 39.09µg (9.77%), Vitamin B2: 0.16mg (9.2%), Selenium: 6.24µg (8.91%), Vitamin B3: 1.4mg (6.98%), Iron: 1.21mg (6.71%), Vitamin C: 5.08mg (6.16%), Manganese: 0.11mg (5.53%), Copper: 0.1mg (5.22%), Fiber: 1.27g (5.07%), Magnesium: 15.24mg (3.81%), Potassium: 120.66mg (3.45%), Vitamin E: 0.5mg (3.32%), Vitamin B6: 0.06mg (2.91%), Zinc: 0.3mg (1.98%), Vitamin K: 1.89µg (1.8%), Vitamin B5: 0.18mg (1.76%), Vitamin A: 70.75IU (1.42%)