

Seven-Up™ Cake I

READY IN



80 min.

SERVINGS



15

CALORIES



276 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 20 ounce pineapple crushed canned
- ☐ 1 eggs beaten
- ☐ 4 eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 3.5 ounce coconut cream pudding mix instant
- ☐ 10 fluid ounces lemon-lime carbonated beverage flavored
- ☐ 0.8 cup vegetable oil
- ☐ 18.3 ounce duncan hines classic decadent cake mix yellow

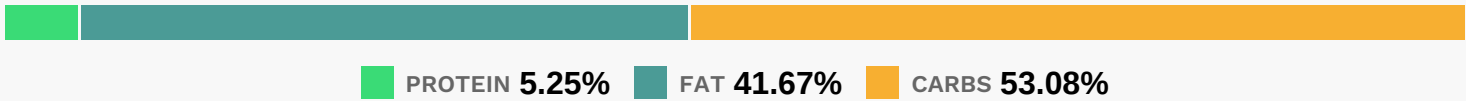
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan.
- ☐ In a large bowl, stir together cake mix and pudding mix. Make a well in the center and pour in 4 eggs, oil and the lemon-lime soda. Beat on low speed until blended. Scrape bowl, and beat 4 minutes on medium speed.
- ☐ Pour batter into prepared pan.
- ☐ Bake in the preheated oven for 40 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.
- ☐ Make cooked pineapple topping: Into large saucepan, combine crushed pineapple, butter, 1 beaten egg, and flour. Cook over low heat until thick.
- ☐ Pour over cake. Keep in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:0.28, Inflammation Score:-3, Nutrition Score:5.7326086707737%

Nutrients (% of daily need)

Calories: 275.84kcal (13.79%), Fat: 13.01g (20.02%), Saturated Fat: 7.28g (45.49%), Carbohydrates: 37.29g (12.43%), Net Carbohydrates: 36.23g (13.17%), Sugar: 22.39g (24.88%), Cholesterol: 70.83mg (23.61%), Sodium: 323.21mg (14.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.38%), Phosphorus: 149.04mg (14.9%), Vitamin B2: 0.16mg (9.39%), Calcium: 90.05mg (9.01%), Folate: 34.9µg (8.73%), Vitamin B1: 0.13mg (8.69%), Selenium: 5.93µg (8.48%), Manganese: 0.16mg (7.98%), Iron: 1.26mg (7%), Vitamin A: 287.19IU (5.74%), Vitamin K: 5.85µg

(5.57%), Vitamin E: 0.83mg (5.55%), Copper: 0.1mg (5.08%), Vitamin B3: 1.01mg (5.06%), Vitamin C: 3.74mg (4.53%), Fiber: 1.06g (4.26%), Vitamin B6: 0.08mg (4.17%), Vitamin B5: 0.38mg (3.78%), Magnesium: 13.19mg (3.3%), Potassium: 107.37mg (3.07%), Vitamin B12: 0.18µg (2.96%), Zinc: 0.4mg (2.64%), Vitamin D: 0.29µg (1.96%)