

## Seven-Up™ Cake I







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
O.8 cup vegetable oil
18.3 ounce duncan hines classic decadent cake mix yellow

Equipment		
	bowl	
	frying pan	
	sauce pan	
	oven	
	toothpicks	
Dir	rections	
	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 2 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		
	PROTEIN 5.25% FAT 41.67% CARBS 53.08%	

## **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: Og (100%), Alcohol %: O% (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%)