

Yum Yum Cake III

READY IN



60 min.

SERVINGS



19

CALORIES



230 kcal

DESSERT

Ingredients

- 8 ounce pineapple crushed drained canned
- 8 ounce cream cheese
- 3.4 ounce vanilla pudding instant
- 1 cup milk
- 16 ounce non-dairy whipped topping frozen thawed
- 18.3 ounce cake mix yellow

Equipment

- bowl

frying pan

oven

Directions

Bake yellow cake mix according to instructions on package in a 15x10 inch jelly roll pan. Allow to cool.

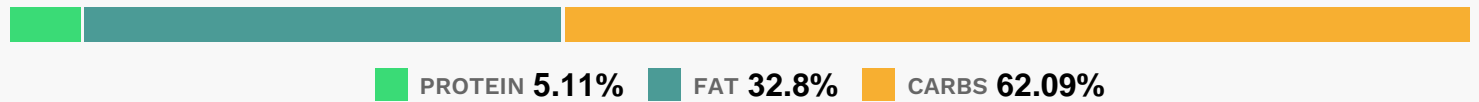
In a medium bowl, combine cream cheese, pudding mix and milk. beat until smooth and spread on cooled cake.

Sprinkle drained pineapple on top of pudding.

Spread whipped topping over pineapple.

Sprinkle with chopped nuts. Chill in refrigerator.

Nutrition Facts



Properties

Glycemic Index:3.42, Glycemic Load:0.41, Inflammation Score:-2, Nutrition Score:3.6995652369831%

Nutrients (% of daily need)

Calories: 229.56kcal (11.48%), Fat: 8.44g (12.98%), Saturated Fat: 5.79g (36.22%), Carbohydrates: 35.93g (11.98%), Net Carbohydrates: 35.42g (12.88%), Sugar: 24.22g (26.91%), Cholesterol: 14.07mg (4.69%), Sodium: 290.12mg (12.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.91%), Phosphorus: 128.76mg (12.88%), Calcium: 103.94mg (10.39%), Vitamin B2: 0.13mg (7.81%), Vitamin B1: 0.09mg (5.99%), Folate: 20.9µg (5.23%), Vitamin A: 204.75IU (4.09%), Selenium: 2.75µg (3.93%), Iron: 0.64mg (3.56%), Vitamin B3: 0.71mg (3.56%), Vitamin E: 0.48mg (3.21%), Vitamin B12: 0.17µg (2.84%), Manganese: 0.05mg (2.71%), Potassium: 87.75mg (2.51%), Vitamin B6: 0.05mg (2.46%), Magnesium: 8.8mg (2.2%), Vitamin B5: 0.22mg (2.15%), Fiber: 0.51g (2.05%), Copper: 0.04mg (1.91%), Vitamin K: 1.93µg (1.83%), Zinc: 0.22mg (1.48%), Vitamin C: 1.12mg (1.36%)