

Carrot-Pineapple Pudding Cake

Claris Rolfsen

Church of St. Peter Council of Catholic Women - Mendota, MN (2003)

1 package yellow cake mix
1 package (3 ounce) vanilla instant pudding mix
1 can (8 ounce) crushed pineapple, drained
1/2 cup nuts, chopped
1 teaspoon cinnamon
4 eggs
1/4 cup oil
3 cups carrots, grated
1/2 teaspoon salt

Preheat the oven to 350 degrees.

In a large bowl, combine the cake mix, pudding mix, eggs, oil, carrots, pineapple, nuts, cinnamon and salt.

Blend, then beat at medium speed for 4 minutes.

Pour into a greased and floured 10-inch fluted OR 9x13-inch baking pan.

Bake for 50 to 55 minutes. Do not underbake.

Per Serving (excluding unknown items): 3623 Calories; 175g Fat (42.8% calories from fat); 64g Protein; 462g Carbohydrate; 26g Dietary Fiber; 858mg Cholesterol; 4889mg Sodium. Exchanges: 1 Grain(Starch); 4 1/2 Lean Meat; 7 1/2 Vegetable; 32 Fat; 27 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	3623	Vitamin B6 (mg):	1.4mg
% Calories from Fat:	42.8%	Vitamin B12 (mcg):	3.1mcg
% Calories from Carbohydrates:	50.2%	Thiamin B1 (mg):	1.8mg
% Calories from Protein:	6.9%	Riboflavin B2 (mg):	2.4mg
Total Fat (g):	175g	Folacin (mcg):	551mcg
Saturated Fat (g):	28g	Niacin (mg):	17mg
Monounsaturated Fat (g):	88g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	47g	Alcohol (kcal):	0
Cholesterol (mg):	858mg	% Refuse:	n n%
Carbohydrate (g):	462g	Food Exchanges	
Dietary Fiber (g):	26g	Grain (Starch):	1

Protein (g): 64g
Sodium (mg): 4889mg
Potassium (mg): 2362mg
Calcium (mg): 1018mg
Iron (mg): 17mg
Zinc (mg): 8mg
Vitamin C (mg): 38mg
Vitamin A (i.u.): 109498IU
Vitamin A (r.e.): 11129RE

Lean Meat: 4 1/2
Vegetable: 7 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 32
Other Carbohydrates: 27

Nutrition Facts

Amount Per Serving

Calories 3623 **Calories from Fat:** 1552

% Daily Values*

Total Fat 175g	269%
Saturated Fat 28g	139%
Cholesterol 858mg	286%
Sodium 4889mg	204%
Total Carbohydrates 462g	154%
Dietary Fiber 26g	102%
Protein 64g	
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Vitamin A	2190%
Vitamin C	63%
Calcium	102%
Iron	92%

* Percent Daily Values are based on a 2000 calorie diet.