

Dump Cake

Dolores Corso

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

*1 can Comstock apple pie filling
1 can crushed pineapple in its own juice
1 package yellow cake mix
1 cup chopped pecans
1 cup shredded coconut
1/2 pound melted butter or margarine*

Preheat the oven to 350 degrees.

In a 13x9x2-inch ungreased pan, spread the apple pie filling.

Spread the crushed pineapple on top of the pie filling.

Layer the cake mix on top.

Spread the pecans and then the coconut.

Pour the melted butter over the top of the cake.

Bake for one hour.

Per Serving (excluding unknown items): 3029 Calories; 141g Fat (40.8% calories from fat); 32g Protein; 426g Carbohydrate; 15g Dietary Fiber; 10mg Cholesterol; 3400mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 28 Fat; 27 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	3029	Vitamin B6 (mg):	.6mg
% Calories from Fat:	40.8%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	55.0%	Thiamin B1 (mg):	2.0mg
% Calories from Protein:	4.1%	Riboflavin B2 (mg):	1.2mg
Total Fat (g):	141g	Folacin (mcg):	388mcg
Saturated Fat (g):	15g	Niacin (mg):	10mg
Monounsaturated Fat (g):	75g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	43g	Alcohol (kcal):	0
	10mg	% Daily Value:	0.0%

Cholesterol (mg):	
Carbohydrate (g):	426g
Dietary Fiber (g):	15g
Protein (g):	32g
Sodium (mg):	3400mg
Potassium (mg):	891mg
Calcium (mg):	741mg
Iron (mg):	10mg
Zinc (mg):	8mg
Vitamin C (mg):	3mg
Vitamin A (i.u.):	157IU
Vitamin A (r.e.):	16RE

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	28
Other Carbohydrates:	27

Nutrition Facts

Amount Per Serving

Calories 3029 **Calories from Fat:** 1237

% Daily Values*

Total Fat 141g	216%
Saturated Fat 15g	77%
Cholesterol 10mg	3%
Sodium 3400mg	142%
Total Carbohydrates 426g	142%
Dietary Fiber 15g	59%
Protein 32g	
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Vitamin A	3%
Vitamin C	6%
Calcium	74%
Iron	57%

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