

# Easy Pina Colada Cake

*Carmen Marciano*

*Community Living Committee - All Saint's Church Hammond, IN 1987*

*1 package (18-1/2 ounces) yellow cake mix*  
*1 box (3-3/4 ounce) instant vanilla pudding and pie filling*  
*1 can (15 ounce) cream of coconut (Coco Lopez)*  
*1/2 cup rum*  
*1/3 cup vegetable oil*  
*4 eggs*  
*1 can (8 ounce) crushed pineapple, well drained*  
*2 tablespoons rum*  
*whipped cream (for garnish)*  
*pineapple chunks (for garnish)*  
*maraschino cherries (for garnish)*  
*toasted coconut (for garnish)*

Preheat the oven to 350 degrees.

In a large mixer bowl, combine the cake mix, pudding mix, 1/2 cup of the cream of coconut, 1/2 cup of rum, the oil and eggs. Beat on medium speed for 2 minutes. Stir in the pineapple.

Pour the batter into a well-greased and floured ten-inch tube pan.

Bake for 50 to 55 minutes. Cool slightly. Remove from the pan with a table knife or skewer. Poke holes about one inch apart in the cake almost to the bottom.

Combine the remaining cream of coconut with two tablespoons of rum. Pour over the cake.

Chill thoroughly.

Add a garnish of whipped cream, pineapple chunks, cherries and toasted coconut.

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Per Serving (excluding unknown items): 3786 Calories; 154g Fat (39.8% calories from fat); 53g Protein; 473g Carbohydrate; 7g Dietary Fiber; 867mg Cholesterol; 4089mg Sodium. Exchanges: 3 Lean Meat; 2 1/2 Fruit; 29 Fat; 28 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

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Calories (kcal):	3786	Vitamin B6 (mg):	.9mg
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% Calories from Fat:	39.8%
% Calories from Carbohydrates:	54.2%
% Calories from Protein:	6.1%
Total Fat (g):	154g
Saturated Fat (g):	25g
Monounsaturated Fat (g):	76g
Polyunsaturated Fat (g):	41g
Cholesterol (mg):	867mg
Carbohydrate (g):	473g
Dietary Fiber (g):	7g
Protein (g):	53g
Sodium (mg):	4089mg
Potassium (mg):	1185mg
Calcium (mg):	984mg
Iron (mg):	12mg
Zinc (mg):	4mg
Vitamin C (mg):	26mg
Vitamin A (i.u.):	1318IU
Vitamin A (r.e.):	354RE

Vitamin B12 (mcg):	3.5mcg
Thiamin B1 (mg):	1.4mg
Riboflavin B2 (mg):	2.2mg
Folacin (mcg):	455mcg
Niacin (mg):	10mg
Caffeine (mg):	0mg
Alcohol (kcal):	321
% Refuse:	0.0%

### Food Exchanges

Grain (Starch):	0
Lean Meat:	3
Vegetable:	0
Fruit:	2 1/2
Non-Fat Milk:	0
Fat:	29
Other Carbohydrates:	28 1/2

## Nutrition Facts

### Amount Per Serving

Calories 3786                      Calories from Fat: 1506

### % Daily Values\*

<b>Total Fat</b>	154g	238%
Saturated Fat	25g	125%
<b>Cholesterol</b>	867mg	289%
<b>Sodium</b>	4089mg	170%
<b>Total Carbohydrates</b>	473g	158%
Dietary Fiber	7g	30%
<b>Protein</b>	53g	
<b>Vitamin A</b>		26%
<b>Vitamin C</b>		43%
<b>Calcium</b>		98%
<b>Iron</b>		69%

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