

Mexican Fruitcake

Carol Carter - Vero Beach, FL
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CAKE

2 cups sugar
2 cups flour
2 eggs
2 teaspoons baking soda
1 can (20 ounce) crushed pineapple in heavy syrup
1 cup chopped nuts (walnuts or pecans) (optional)

FROSTING

1 package (8 ounce) cream cheese, softened
1 stick unsalted butter, softened
2 cups powdered sugar
1 teaspoon vanilla

Preheat the oven to 350 degrees.

In a bowl, combine the sugar, flour, eggs and baking soda with the entire can of pineapple, syrup and all.

Mix in the chopped nuts, if using.

Spread the mixture into an ungreased 9x13-inch cake pan.

Bake for 40 minutes. (It will be hard on top when done.)

While the cake cools, combine the frosting ingredients in a bowl.

Spread the frosting over the top of the cake and serve.

Per Serving (excluding unknown items): 5175 Calories; 185g Fat (31.8% calories from fat); 57g Protein; 837g Carbohydrate; 7g Dietary Fiber; 927mg Cholesterol; 3367mg Sodium. Exchanges: 12 1/2 Grain(Starch); 4 Lean Meat; 34 Fat; 43 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	5175	Vitamin B6 (mg):	.3mg
% Calories from Fat:	31.8%	Vitamin B12 (mcg):	2.4mcg
% Calories from Carbohydrates:	63.8%	Thiamin B1 (mg):	2.1mg
% Calories from Protein:	4.3%	Riboflavin B2 (mg):	2.2mg
Total Fat (g):	185g	Folacin (mcg):	147mcg

Saturated Fat (g): 112g
Monounsaturated Fat (g): 53g
Polyunsaturated Fat (g): 9g
Cholesterol (mg): 927mg
Carbohydrate (g): 837g
Dietary Fiber (g): 7g
Protein (g): 57g
Sodium (mg): 3367mg
Potassium (mg): 721mg
Calcium (mg): 308mg
Iron (mg): 17mg
Zinc (mg): 4mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 7266IU
Vitamin A (r.e.): 1992 1/2RE

Niacin (mg): 15mg
Caffeine (mg): 0mg
Alcohol (kcal): 13
% Refused: 0 0%

Food Exchanges

Grain (Starch): 12 1/2
Lean Meat: 4
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 34
Other Carbohydrates: 43

Nutrition Facts

Amount Per Serving

Calories 5175 **Calories from Fat:** 1647

% Daily Values*

Total Fat	185g	285%
Saturated Fat	112g	559%
Cholesterol	927mg	309%
Sodium	3367mg	140%
Total Carbohydrates	837g	279%
Dietary Fiber	7g	29%
Protein	57g	
Vitamin A		145%
Vitamin C		0%
Calcium		31%
Iron		93%

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