

# Pina Colada Ice Cream Cake

*Sara F Patterson, Nancy F Holley & Cleo F Long  
Three Sisters Cookbook - Alexander City, AL*

*1 can (8 ounce) crushed pineapple  
1 quart vanilla ice cream  
1 can (8 ounce) coconut cream  
1 can (3 ounce) flaked coconut  
1 one-pound frozen pound cake,  
thawed  
stemmed maraschino cherries  
2 tablespoons rum  
1 tablespoon light corn syrup  
2 cups heavy cream  
1 can (8 ounce) sliced pineapple*

Drain the pineapple in a sieve, pressing well with a spoon to remove the juice.

Soften the ice cream in a chilled large bowl. Stir in the pineapple and coconut cream. Freeze the mixture until firm, several hours or overnight.

Toast the coconut on a cookie sheet in a moderate 350 degree oven for about 10 minutes, stirring several times. Cool.

Cut the pound cake lengthwise into three thin layers. In a bowl, blend the rum and corn syrup. Sprinkle over the layers.

Beat the ice cream with an electric mixer or wooden spoon to soften. Spread thickly and evenly on two of the layers, stacking the third layer on top. Freeze the cake until firm.

To decorate, even the edges of ice cream with cake if necessary. Beat the cream in a medium-size bowl until stiff. Spread over the sides and top of the cake.

Sprinkle the cake generously with toasted coconut. Decorate the bottom edge and top of the cake with cream. Garnish with half slices of pineapple and maraschino cherries.

Freeze until 20 minutes before serving.

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Per Serving (excluding unknown items): 5046 Calories; 382g Fat (67.4% calories from fat); 54g Protein; 361g Carbohydrate; 3g Dietary Fiber; 1225mg Cholesterol; 1759mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Fruit; 1 1/2 Non-Fat Milk; 76 1/2 Fat; 19 1/2 Other Carbohydrates.

Desserts

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	5046	<b>Vitamin B6 (mg):</b>	.7mg
<b>% Calories from Fat:</b>	67.4%	<b>Vitamin B12 (mcg):</b>	2.8mcg
<b>% Calories from Carbohydrates:</b>	28.3%	<b>Thiamin B1 (mg):</b>	.6mg
<b>% Calories from Protein:</b>	4.2%	<b>Riboflavin B2 (mg):</b>	1.8mg
<b>Total Fat (g):</b>	382g	<b>Folacin (mcg):</b>	90mcg
<b>Saturated Fat (g):</b>	255g	<b>Niacin (mg):</b>	4mg
<b>Monounsaturated Fat (g):</b>	71g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	10g	<b>Alcohol (kcal):</b>	64
<b>Cholesterol (mg):</b>	1225mg	<b>% Refused:</b>	0.0%
<b>Carbohydrate (g):</b>	361g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	3g	<b>Grain (Starch):</b>	1
<b>Protein (g):</b>	54g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	1759mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	2496mg	<b>Fruit:</b>	2 1/2
<b>Calcium (mg):</b>	1045mg	<b>Non-Fat Milk:</b>	1 1/2
<b>Iron (mg):</b>	7mg	<b>Fat:</b>	76 1/2
<b>Zinc (mg):</b>	7mg	<b>Other Carbohydrates:</b>	19 1/2
<b>Vitamin C (mg):</b>	36mg		
<b>Vitamin A (i.u.):</b>	9252IU		
<b>Vitamin A (r.e.):</b>	2631RE		

**Nutrition Facts**

<b>Amount Per Serving</b>	
<b>Calories</b> 5046	Calories from Fat: 3403
<b>% Daily Values*</b>	
<b>Total Fat</b> 382g	587%
Saturated Fat 255g	1276%
<b>Cholesterol</b> 1225mg	408%
<b>Sodium</b> 1759mg	73%
<b>Total Carbohydrates</b> 361g	120%
Dietary Fiber 3g	14%
<b>Protein</b> 54g	
<b>Vitamin A</b>	185%
<b>Vitamin C</b>	61%
<b>Calcium</b>	105%
<b>Iron</b>	38%

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