

Pineapple cake

Kathleen Lannholm

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

CAKE

1 No. 2 Can crushed pineapple
1 1/2 cups sugar
1 teaspoon salt
2 teaspoons baking soda
2 eggs
2 cups flour
1/4 cup brown sugar

TOPPING

2/3 cup sugar
1/2 cup canned milk
1/2 cup margarine
1/2 cup pecans, chopped
1 teaspoon vanilla

Preheat the oven to 300 degrees.

For the cake: Place the pineapple and juice in a large mixing bowl. Add the sugar, salt, baking soda, eggs and flour. Pour the batter into a 13x9-inch baking dish. Sprinkle the brown sugar over the top.

Bake for one hour.

Meanwhile, prepare the topping: In a saucepan, bring the sugar, milk and margarine to a boil for 2 minutes, stirring constantly. Add the pecans and vanilla.

Remove the cake from the oven. While the cake is still hot, pour the topping over the top of the cake.

Let the cake stand on a cake rack to cool.

Per Serving (excluding unknown items): 4201 Calories; 140g Fat (29.5% calories from fat); 45g Protein; 710g Carbohydrate; 13g Dietary Fiber; 424mg Cholesterol; 5881mg Sodium. Exchanges: 13 Grain(Starch); 2 Lean Meat; 2 1/2 Fruit; 26 Fat; 31 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	4201	Vitamin B6 (mg):	.5mg
% Calories from Fat:	29.5%	Vitamin B12 (mcg):	1.4mcg
% Calories from Carbohydrates:	66.4%	Thiamin B1 (mg):	2.7mg
% Calories from Protein:	4.2%	Riboflavin B2 (mg):	1.9mg

Total Fat (g): 140g
Saturated Fat (g): 22g
Monounsaturated Fat (g): 71g
Polyunsaturated Fat (g): 39g
Cholesterol (mg): 424mg
Carbohydrate (g): 710g
Dietary Fiber (g): 13g
Protein (g): 45g
Sodium (mg): 5881mg
Potassium (mg): 1100mg
Calcium (mg): 227mg
Iron (mg): 16mg
Zinc (mg): 6mg
Vitamin C (mg): 25mg
Vitamin A (i.u.): 4687IU
Vitamin A (r.e.): 1059 1/2RE

Folacin (mcg): 148mcg
Niacin (mg): 16mg
Caffeine (mg): 0mg
Alcohol (kcal): 13
% Refuse: n n%

Food Exchanges

Grain (Starch): 13
Lean Meat: 2
Vegetable: 0
Fruit: 2 1/2
Non-Fat Milk: 0
Fat: 26
Other Carbohydrates: 31 1/2

Nutrition Facts

Amount Per Serving

Calories 4201 **Calories from Fat:** 1238

% Daily Values*

Total Fat	140g	215%
Saturated Fat	22g	111%
Cholesterol	424mg	141%
Sodium	5881mg	245%
Total Carbohydrates	710g	237%
Dietary Fiber	13g	52%
Protein	45g	
Vitamin A		94%
Vitamin C		42%
Calcium		23%
Iron		90%

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