

# Pineapple Inside-Out Cake

Mrs. Jo Stanek and Marian Hensley  
Community Living Committee - All Saint's Church Hammond, IN 1987

## CAKE

2 cups sugar  
2 eggs  
2 cups flour  
2 teaspoons baking soda  
1/2 teaspoon salt  
1 can (20 ounces) crushed pineapple,  
undrained  
1 teaspoon vanilla  
1/2 cup pecans, chopped

## FROSTING

1 package (8 ounce) cream cheese  
1 3/4 cups powdered sugar  
1 tablespoon vanilla (optional)  
1 stick margarine  
1/2 cup pecans, chopped

Preheat the oven to 360 degrees.

In a bowl, cream together the sugar and eggs.

In a separate bowl, sift together the flour, baking soda and salt. Add to the creamed mixture.

Stir in the pineapple, vanilla and pecans.

Place the mixture into a 13x9-inch pan.

Bake for 40 to 45 minutes.

For the frosting: Mix all of the ingredients together. Spread on the cooled cake.

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Per Serving (excluding unknown items): 5928 Calories; 258g Fat (38.3% calories from fat); 66g Protein; 867g Carbohydrate; 17g Dietary Fiber; 679mg Cholesterol; 5489mg Sodium. Exchanges: 14 Grain(Starch); 4 1/2 Lean Meat; 2 1/2 Fruit; 48 Fat; 41 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	5928	Vitamin B6 (mg):	.7mg
% Calories from Fat:	38.3%	Vitamin B12 (mcg):	2.4mcg
% Calories from Carbohydrates:	57.3%	Thiamin B1 (mg):	3.2mg
% Calories from Protein:	4.4%	Riboflavin B2 (mg):	2.4mg
Total Fat (g):	258g	Folacin (mcg):	199mcg
Saturated Fat (g):	76g	Niacin (mg):	17mg
Monounsaturated Fat (g):	116g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	51g	Alcohol (kcal):	13
			0.0%

Cholesterol (mg):	679mg
Carbohydrate (g):	867g
Dietary Fiber (g):	17g
Protein (g):	66g
Sodium (mg):	5489mg
Potassium (mg):	1467mg
Calcium (mg):	396mg
Iron (mg):	20mg
Zinc (mg):	10mg
Vitamin C (mg):	26mg
Vitamin A (i.u.):	8067IU
Vitamin A (r.e.):	2064RE

**% Daily Values\***

**Food Exchanges**

Grain (Starch):	14
Lean Meat:	4 1/2
Vegetable:	0
Fruit:	2 1/2
Non-Fat Milk:	0
Fat:	48
Other Carbohydrates:	41

**Nutrition Facts**

**Amount Per Serving**

**Calories** 5928                      **Calories from Fat:** 2271

**% Daily Values\***

<b>Total Fat</b> 258g	396%
Saturated Fat 76g	381%
<b>Cholesterol</b> 679mg	226%
<b>Sodium</b> 5489mg	229%
<b>Total Carbohydrates</b> 867g	289%
Dietary Fiber 17g	69%
<b>Protein</b> 66g	
<b>Vitamin A</b>	161%
<b>Vitamin C</b>	43%
<b>Calcium</b>	40%
<b>Iron</b>	109%

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