

Pineapple Nut Cake

Mary Gorbet and Nikki Cowan

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

1/2 cup margarine or butter
1 1/2 cups sugar
2 eggs
2 cups all-purpose flour
2 teaspoons vanilla extract
2 teaspoons baking soda
1 can (20 ounce) crushed pineapple with juice
1/2 cup chopped nuts

FROSTING

1/2 cup margarine or butter
1 package (8 ounce) cream cheese, softened
1 3/4 cups powdered sugar
1 teaspoon vanilla extract

Preheat the oven to 350 degrees.

In a large bowl of an electric mixer, cream the butter with the sugar and eggs until fluffy. Add the flour, soda and vanilla. Mix well. Stir in the pineapple and nuts.

Spread the batter in a greased 13x9x2-inch baking pan.

Bake for 35 to 40 minutes or until the cake tests done.

Make the frosting: In the small bowl of an electric mixer, cream the margarine until fluffy. Beat in the cream cheese. Gradually add sifted powdered sugar, beating until smooth, light and fluffy. Beat in the vanilla. Frost the cake after it has cooled in the pan.

Per Serving (excluding unknown items): 5947 Calories; 317g Fat (47.3% calories from fat); 70g Protein; 725g Carbohydrate; 14g Dietary Fiber; 1175mg Cholesterol; 5234mg Sodium. Exchanges: 13 1/2 Grain(Starch); 5 1/2 Lean Meat; 59 1/2 Fat; 34 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	5947	Vitamin B6 (mg):	.5mg
% Calories from Fat:	47.3%	Vitamin B12 (mcg):	2.6mcg
% Calories from Carbohydrates:	48.1%	Thiamin B1 (mg):	2.4mg
% Calories from Protein:	4.6%	Riboflavin B2 (mg):	2.4mg
Total Fat (g):	317g	Folacin (mcg):	529mcg

Saturated Fat (g): 175g
Monounsaturated Fat (g): 102g
Polyunsaturated Fat (g): 22g
Cholesterol (mg): 1175mg
Carbohydrate (g): 725g
Dietary Fiber (g): 14g
Protein (g): 70g
Sodium (mg): 5234mg
Potassium (mg): 1160mg
Calcium (mg): 411mg
Iron (mg): 19mg
Zinc (mg): 8mg
Vitamin C (mg): trace
Vitamin A (i.u.): 10748IU
Vitamin A (r.e.): 2856RE

Niacin (mg): 19mg
Caffeine (mg): 0mg
Alcohol (kcal): 38
% Refused: n n%

Food Exchanges

Grain (Starch): 13 1/2
Lean Meat: 5 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 59 1/2
Other Carbohydrates: 34

Nutrition Facts

Amount Per Serving

Calories 5947 **Calories from Fat:** 2814

% Daily Values*

Total Fat	317g	488%
Saturated Fat	175g	876%
Cholesterol	1175mg	392%
Sodium	5234mg	218%
Total Carbohydrates	725g	242%
Dietary Fiber	14g	55%
Protein	70g	
Vitamin A		215%
Vitamin C		1%
Calcium		41%
Iron		106%

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