

# Zucchini Pineapple Cake

Trudy Magliocca

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

3 eggs  
2 cups sugar  
2 tablespoons vanilla  
1 cup oil  
2 cups zucchini, peeled, grated and drained  
3 cups flour  
1 teaspoon baking powder  
1 teaspoon salt  
1 teaspoon baking soda  
1 cup crushed pineapple, drained  
1/2 cup raisins  
1 cup chopped nuts

Preheat the oven to 325 degrees.

In a bowl, beat the eggs until fluffy. Add the sugar, vanilla, oil, zucchini, flour, baking powder, salt and baking soda.

Stir in the pineapple, raisins and nuts. Mix well.

Pour the batter into two well-greased loaf pans.

Bake for one hour.

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Per Serving (excluding unknown items): 6418 Calories; 317g Fat (43.8% calories from fat); 88g Protein; 830g Carbohydrate; 33g Dietary Fiber; 636mg Cholesterol; 4134mg Sodium. Exchanges: 20 1/2 Grain(Starch); 5 Lean Meat; 1 Vegetable; 6 1/2 Fruit; 59 Fat; 27 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	6418	Vitamin B6 (mg):	1.3mg
% Calories from Fat:	43.8%	Vitamin B12 (mcg):	1.9mcg
% Calories from Carbohydrates:	50.9%	Thiamin B1 (mg):	4.3mg
% Calories from Protein:	5.4%	Riboflavin B2 (mg):	3.1mg
Total Fat (g):	317g	Folacin (mcg):	357mcg
Saturated Fat (g):	43g	Niacin (mg):	32mg
Monounsaturated Fat (g):	180g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	69g	Alcohol (kcal):	75
Cholesterol (mg):	636mg	% Refuse:	0 0%
Carbohydrate (g):	830g	<b>Food Exchanges</b>	
Dietary Fiber (g):	33g	Grain (Starch):	20 1/2

**Protein (g):** 88g  
**Sodium (mg):** 4134mg  
**Potassium (mg):** 2901mg  
**Calcium (mg):** 684mg  
**Iron (mg):** 29mg  
**Zinc (mg):** 13mg  
**Vitamin C (mg):** 49mg  
**Vitamin A (i.u.):** 1703IU  
**Vitamin A (r.e.):** 307 1/2RE

**Lean Meat:** 5  
**Vegetable:** 1  
**Fruit:** 6 1/2  
**Non-Fat Milk:** 0  
**Fat:** 59  
**Other Carbohydrates:** 27

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## Nutrition Facts

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### Amount Per Serving

**Calories** 6418                      **Calories from Fat:** 2809

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### % Daily Values\*

<b>Total Fat</b> 317g	488%
Saturated Fat 43g	215%
<b>Cholesterol</b> 636mg	212%
<b>Sodium</b> 4134mg	172%
<b>Total Carbohydrates</b> 830g	277%
Dietary Fiber 33g	130%
<b>Protein</b> 88g	

<b>Vitamin A</b>	34%
<b>Vitamin C</b>	82%
<b>Calcium</b>	68%
<b>Iron</b>	159%

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