

# Dump Cake Dessert

*Jeannie Biel and Maryann Fryszak  
Community Living Committee - All Saint's Church Hammond, IN 1987*

*1 can (13 ounces) crushed pineapple  
packed in juice  
1 can (16 ounce) cherry pie filling  
1 box white or yellow cake mix  
1 1/2 sticks margarine, melted  
3/4 cup nuts, chopped  
whipped topping*

Preheat the oven to 350 degrees.

In a 13x9-inch pan, spread the pineapple, undrained.

Over the pineapple, spread the cherry pie filling.

Spread the contents of the cake mix.

Spread the margarine on top of the cake mix.

Sprinkle the top with the nuts.

Bake for 45 minutes. Cool completely.

Place a dollop of whipped topping on top of each serving.

*One can of blueberry pie filling can be substituted for the cherry pie filling and pineapple.*

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Per Serving (excluding unknown items): 2454 Calories; 197g Fat (69.7% calories from fat); 22g Protein; 172g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 1656mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 38 Fat; 9 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	2454	<b>Vitamin B6 (mg):</b>	.4mg
<b>% Calories from Fat:</b>	69.7%	<b>Vitamin B12 (mcg):</b>	.2mcg
<b>% Calories from Carbohydrates:</b>	26.9%	<b>Thiamin B1 (mg):</b>	.7mg
<b>% Calories from Protein:</b>	3.4%	<b>Riboflavin B2 (mg):</b>	.4mg
<b>Total Fat (g):</b>	197g	<b>Folacin (mcg):</b>	111mcg
<b>Saturated Fat (g):</b>	33g	<b>Niacin (mg):</b>	6mg
<b>Monounsaturated Fat (g):</b>	100g	<b>Caffeine (mg):</b>	0mg

<b>Polyunsaturated Fat (g):</b>	55g
<b>Cholesterol (mg):</b>	0mg
<b>Carbohydrate (g):</b>	172g
<b>Dietary Fiber (g):</b>	14g
<b>Protein (g):</b>	22g
<b>Sodium (mg):</b>	1656mg
<b>Potassium (mg):</b>	1219mg
<b>Calcium (mg):</b>	221mg
<b>Iron (mg):</b>	5mg
<b>Zinc (mg):</b>	6mg
<b>Vitamin C (mg):</b>	9mg
<b>Vitamin A (i.u.):</b>	7104IU
<b>Vitamin A (r.e.):</b>	1457RE

**Alcohol (kcal):** 0  
**% Refuse:** 0%

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### Food Exchanges

<b>Grain (Starch):</b>	1 1/2
<b>Lean Meat:</b>	2
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	38
<b>Other Carbohydrates:</b>	9 1/2

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## Nutrition Facts

### Amount Per Serving

**Calories** 2454                      **Calories from Fat:** 1709

### % Daily Values\*

<b>Total Fat</b> 197g	304%
Saturated Fat 33g	166%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 1656mg	69%
<b>Total Carbohydrates</b> 172g	57%
Dietary Fiber 14g	54%
<b>Protein</b> 22g	
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<b>Vitamin A</b>	142%
<b>Vitamin C</b>	15%
<b>Calcium</b>	22%
<b>Iron</b>	26%

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