

Dump Cake II

Mrs. Dennis L. Judice

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 12

1 can (22 ounce) cherry OR
blueberry pie filling
1 white cake mix (regular size, used
dry)
3/4 cup pecans (halves or smaller)
3/4 cup margarine, melted
ice cream or whipped cream (optional)

Preheat the oven to 350 degrees.

Spray a 13x9-inch baking dish with nonstick
cooking spray.

Pour the pie filling in the bottom of the dish.
Pour the cake mix on top of the pie filling.
Sprinkle the nuts on top. Add the melted
margarine.

Bake for 30 minutes.

Cool before serving.

Serve in individual dessert bowls Top with ice
cream or whipped cream, if desired.

Per Serving (excluding unknown
items): 102 Calories; 11g Fat
(99.0% calories from fat); trace
Protein; trace Carbohydrate; 0g
Dietary Fiber; 0mg Cholesterol;
133mg Sodium. Exchanges: 2 1/2
Fat.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	102	Vitamin B6 (mg):	trace
% Calories from Fat:	99.0%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	0.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	11g	Folacin (mcg):	trace
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0

Cholesterol (mg):	0mg
Carbohydrate (g):	trace
Dietary Fiber (g):	0g
Protein (g):	trace
Sodium (mg):	133mg
Potassium (mg):	6mg
Calcium (mg):	4mg
Iron (mg):	0mg
Zinc (mg):	0mg
Vitamin C (mg):	trace
Vitamin A (i.u.):	504IU
Vitamin A (r.e.):	113RE

% Daily Value* 0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 102 **Calories from Fat:** 101

% Daily Values*

Total Fat 11g	17%
Saturated Fat 2g	10%
Cholesterol 0mg	0%
Sodium 133mg	6%
Total Carbohydrates trace	0%
Dietary Fiber 0g	0%
Protein trace	
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Vitamin A	10%
Vitamin C	0%
Calcium	0%
Iron	0%

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