

# Helens Pineapple Cake

*Cookbook Committee*

*St Timothy's - Hale Schools - Raleigh, NC - 1976*

*2 cups flour*  
*1 teaspoon salt*  
*2 eggs*  
*1 cup brown sugar*  
*1/2 cup chopped nuts*  
*1 1/2 cups sugar*  
*1 heaping teaspoon baking soda*  
*2 1/2 cups crushed pineapple with juice*  
**FROSTING**  
*1 cup sugar*  
*1 stick margarine, softened*  
*3/4 cup cream*  
*1 teaspoon vanilla*

Preheat the oven to 350 degrees.

In a bowl, mix together the flour, salt, eggs, sugar, baking soda and pineapple. Beat for 3 minutes.

Pour the batter into a greased and floured oblong pan.

Sprinkle the brown sugar and nuts over the top.

Bake for 35 to 40 minutes.

Make the frosting: In a saucepan, boil the sugar, margarine and cream for 3 minutes at a soft boil. Remove from the heat. Add one teaspoon of vanilla.

Pour over the warm cake all at once.

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Per Serving (excluding unknown items): 5238 Calories; 188g Fat (31.7% calories from fat); 56g Protein; 856g Carbohydrate; 14g Dietary Fiber; 581mg Cholesterol; 4737mg Sodium. Exchanges: 13 1/2 Grain(Starch); 3 Lean Meat; 35 Fat; 43 Other Carbohydrates.