

# No-Bake Pineapple Cake

Paula Macri - Gattuso's Italian Specialty Market  
Treasure Coast Newspapers

2 packages ladyfingers  
1 large can crushed pineapple  
1 package (6 ounce) vanilla pudding,  
prepared according to package  
instructions  
1 container (15 ounce) Cool Whip  
topping

Line a 9x5-inch loaf pan with plastic wrap.

Place a layer of ladyfingers in the bottom and on the sides of the pan.

In a large bowl, mix the pineapple with the prepared vanilla pudding. Mix well. Fold in the Cool Whip.

Spread 1/4 of the mixture over the ladyfingers. Layer the ladyfingers and pudding three more times, ending with a layer of vanilla pudding.

Cover and freeze for two hours or overnight.

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Per Serving (excluding unknown items): 298 Calories; 3g Fat (7.5% calories from fat); 5g Protein; 67g Carbohydrate; 2g Dietary Fiber; 9mg Cholesterol; 409mg Sodium. Exchanges: 2 1/2 Fruit; 1/2 Fat; 2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	298
% Calories from Fat:	7.5%
% Calories from Carbohydrates:	86.1%
% Calories from Protein:	6.4%
Total Fat (g):	3g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	9mg
Carbohydrate (g):	67g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.4mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	18mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Dietary Fiber (g): 2g  
 Protein (g): 5g  
 Sodium (mg): 409mg  
 Potassium (mg): 490mg  
 Calcium (mg): 181mg  
 Iron (mg): 1mg  
 Zinc (mg): 1mg  
 Vitamin C (mg): 25mg  
 Vitamin A (i.u.): 336IU  
 Vitamin A (r.e.): 73 1/2RE

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

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## Nutrition Facts

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### Amount Per Serving

**Calories** 298                      Calories from Fat: 22

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### % Daily Values\*

<b>Total Fat</b>	3g	4%
Saturated Fat	1g	7%
<b>Cholesterol</b>	9mg	3%
<b>Sodium</b>	409mg	17%
<b>Total Carbohydrates</b>	67g	22%
Dietary Fiber	2g	7%
<b>Protein</b>	5g	
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<b>Vitamin A</b>		7%
<b>Vitamin C</b>		41%
<b>Calcium</b>		18%
<b>Iron</b>		4%

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