

Pina Colada Cake

Paula Macri - Gattuso's Bella Cucina
Scripps Treasure Coast Newspapers

FOR THE CAKE

1 box yellow cake mix
1 small box instant vanilla pudding
and pie filling
4 large eggs
1/2 cup cooking oil
1/2 cup water
1/2 cup cream of coconut
1/2 cup chopped nuts
1/3 cup coconut

FOR THE COCONUT SAUCE

4 ounces butter
2 tablespoons water
1/3 cup sugar
3 tablespoons cream of coconut

Preheat the oven to 325 degrees.

Make the Coconut Sauce: In a small saucepan, boil the butter, sugar and water for 1 minute. Remove from the heat and stir in the cream of coconut. Set aside.

Sprinkle the nuts and the coconut on the sides of a Bundt pan which is greased and floured.

In a bowl, mix the cake mix, pudding, eggs, cooking oil, water and cream of coconut. Beat well for 2 minutes. Pour into the Bundt pan.

Bake for one hour.

Punch holes in the top of the cake while it is in the Bundt pan. Pour one-half of the coconut sauce over the cake.

When the cake cools, remove from the pan and turn over. Cover with the remaining coconut sauce and sprinkle with the coconut.

Per Serving (excluding unknown items): 5847 Calories; 360g Fat (54.4% calories from fat); 66g Protein; 612g Carbohydrate; 15g Dietary Fiber; 1115mg Cholesterol; 5123mg Sodium. Exchanges: 1 Grain(Starch); 4 1/2 Lean Meat; 1/2 Fruit; 69 Fat; 39 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	5847	Vitamin B6 (mg):	.9mg
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% Calories from Fat:	54.4%
% Calories from Carbohydrates:	41.2%
% Calories from Protein:	4.4%
Total Fat (g):	360g
Saturated Fat (g):	124g
Monounsaturated Fat (g):	109g
Polyunsaturated Fat (g):	103g
Cholesterol (mg):	1115mg
Carbohydrate (g):	612g
Dietary Fiber (g):	15g
Protein (g):	66g
Sodium (mg):	5123mg
Potassium (mg):	1414mg
Calcium (mg):	1060mg
Iron (mg):	15mg
Zinc (mg):	8mg
Vitamin C (mg):	3mg
Vitamin A (i.u.):	4704IU
Vitamin A (r.e.):	1204 1/2RE

Vitamin B12 (mcg):	3.7mcg
Thiamin B1 (mg):	1.6mg
Riboflavin B2 (mg):	2.4mg
Folacin (mcg):	512mcg
Niacin (mg):	13mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1
Lean Meat:	4 1/2
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	69
Other Carbohydrates:	39 1/2

Nutrition Facts

Amount Per Serving

Calories 5847 Calories from Fat: 3181

% Daily Values*

Total Fat 360g	553%
Saturated Fat 124g	620%
Cholesterol 1115mg	372%
Sodium 5123mg	213%
Total Carbohydrates 612g	204%
Dietary Fiber 15g	60%
Protein 66g	
Vitamin A	94%
Vitamin C	6%
Calcium	106%
Iron	82%

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