

Pineapple Banana Hummingbird Mini Loaves

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Servings: 30

Yield: 5 loaves, 6 servings each

1 package (two-layer size) yellow cake mix

1 package (3.4 ounce) Jell-o vanilla flavor instant pudding & pie filling

4 eggs

1/4 cup vegetable oil

1 teaspoon ground cinnamon

1 can (20 ounce) Dole crushed pineapple, juice drained and one cup reserved

2 medium (2 cups) ripe bananas, well mashed

1/2 cup chopped pecans

CREAM CHEESE GLAZE

2 ounces cream cheese, softened

1 tablespoon milk

1/2 cup powdered sugar

Preheat the oven to 350 degrees.

Prepare the Cream Cheese Glaze: In a bowl, combine the cream cheese, milk and powdered sugar. Set aside.

Combine the cake mix, dry instant pudding, reserved pineapple juice, eggs, and oil in a large bowl with a mixer for two minutes, or until blended. Add the cinnamon, crushed pineapple, bananas and nuts; mix just until blended..

Pour the prepared batter into five foil mini loaf pans sprayed with nonstick cooking spray.

Bake for 40 minutes or until a toothpick inserted in the center of the cake comes out clean. Cool completely.

Drizzle the Cream Cheese Glaze over the cooled loaves. Garnish with additional chopped pecans, if desire.

Per Serving (excluding unknown items): 129 Calories; 7g Fat (44.9% calories from fat); 2g Protein; 16g Carbohydrate; trace Dietary Fiber; 31mg Cholesterol; 129mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 Fat; 1 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):

129

Vitamin B6 (mg):

trace

% Calories from Fat:	44.9%
% Calories from Carbohydrates:	49.2%
% Calories from Protein:	5.9%
Total Fat (g):	7g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	31mg
Carbohydrate (g):	16g
Dietary Fiber (g):	trace
Protein (g):	2g
Sodium (mg):	129mg
Potassium (mg):	34mg
Calcium (mg):	31mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	63IU
Vitamin A (r.e.):	18RE

Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	16mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 30

Amount Per Serving

Calories 129 Calories from Fat: 58

% Daily Values*

Total Fat 7g	10%
Saturated Fat 1g	6%
Cholesterol 31mg	10%
Sodium 129mg	5%
Total Carbohydrates 16g	5%
Dietary Fiber trace	2%
Protein 2g	
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Vitamin A	1%
Vitamin C	0%
Calcium	3%
Iron	3%

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