

# Pineapple Pound Cake

Sara F Patterson, Nancy F Holley & Cleo F Long  
*Three Sisters Cookbook - Alexander City, AL*

- 3 cups sugar
- 2 cups shortening
- 3 cups flour
- 1 teaspoon vanilla
- 2 teaspoons butternut flavoring
- 9 eggs
- 1 small can crushed pineapple, juice reserved
- 1 box confectioner's sugar
- 1/2 stick margarine, melted

Preheat the oven to 325 degrees.

In a bowl, cream the sugar and shortening. Add the vanilla, butternut flavoring, flour and eggs, three at a time. Stir in the pineapple. Pour the mixture into a tube cake pan.

Bake for one hour and 20 minutes.

In a bowl, mix the confectioner's sugar, pineapple juice and margarine. Pour over the cake while warm.

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Per Serving (excluding unknown items): 9013 Calories; 504g Fat (49.7% calories from fat); 97g Protein; 1049g Carbohydrate; 13g Dietary Fiber; 1908mg Cholesterol; 1180mg Sodium. Exchanges: 19 Grain(Starch); 7 Lean Meat; 2 1/2 Fruit; 94 1/2 Fat; 48 Other Carbohydrates.

## Desserts

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	9013
<b>% Calories from Fat:</b>	49.7%
<b>% Calories from Carbohydrates:</b>	46.0%
<b>% Calories from Protein:</b>	4.2%
<b>Total Fat (g):</b>	504g
<b>Saturated Fat (g):</b>	125g
<b>Monounsaturated Fat (g):</b>	222g
<b>Polyunsaturated Fat (g):</b>	128g
<b>Cholesterol (mg):</b>	1908mg
<b>Carbohydrate (g):</b>	1049g
<b>Dietary Fiber (g):</b>	13g
	97g

<b>Vitamin B6 (mg):</b>	1.0mg
<b>Vitamin B12 (mcg):</b>	5.9mcg
<b>Thiamin B1 (mg):</b>	3.5mg
<b>Riboflavin B2 (mg):</b>	4.1mg
<b>Folacin (mcg):</b>	326mcg
<b>Niacin (mg):</b>	23mg
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	13
<b>% Refuse:</b>	0.0%

### Food Exchanges

<b>Grain (Starch):</b>	19
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**Protein (g):**  
**Sodium (mg):** 1180mg  
**Potassium (mg):** 1348mg  
**Calcium (mg):** 349mg  
**Iron (mg):** 27mg  
**Zinc (mg):** 8mg  
**Vitamin C (mg):** 24mg  
**Vitamin A (i.u.):** 4309IU  
**Vitamin A (r.e.):** 1091RE

**Lean Meat:**  
**Vegetable:** 0  
**Fruit:** 2 1/2  
**Non-Fat Milk:** 0  
**Fat:** 94 1/2  
**Other Carbohydrates:** 48

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## Nutrition Facts

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### Amount Per Serving

**Calories** 9013                      **Calories from Fat:** 4483

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### % Daily Values\*

<b>Total Fat</b> 504g	776%
Saturated Fat 125g	625%
<b>Cholesterol</b> 1908mg	636%
<b>Sodium</b> 1180mg	49%
<b>Total Carbohydrates</b> 1049g	350%
Dietary Fiber 13g	50%
<b>Protein</b> 97g	
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<b>Vitamin A</b>	86%
<b>Vitamin C</b>	40%
<b>Calcium</b>	35%
<b>Iron</b>	149%

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