

Pineapple Upside-Down Cake III

Sally Vlasik

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 12

1 can (20 ounce) sliced pineapple,
drained and juice reserved
2 packages (4 ounce ea) instant
vanilla pudding mix
1/2 cup light brown sugar, firmly
packed
1 package (18.5 ounce) yellow cake
mix, deluxe cake mix is
recommended
4 eggs, slightly beaten
1 cup water
1/4 cup vegetable oil
10 walnut halves

Preheat the oven to 350 degrees.

Arrange the pineapple slices in a 13x9x2-inch
baking pan which has been coated with non-
stick cooking spray.

In a bowl, combine one box of the pudding mix
with the reserved pineapple juice. Pour over the
pineapple in the pan. Sprinkle with brown sugar.

In the large bowl of an electric mixer, combine
the cake mix, remaining pudding mix, eggs,
water and oil. Beat, at medium speed, for 4
minutes, stopping to scrape down the sides of
the bowl. Pour into the pan over the pineapple.

Bake for 55 to 60 minutes or until the cake tests
done. Do not overbake.

Cool in the pan for 5 minutes. Invert onto a
platter and let stand for 1 minute. Remove the
pan and serve warm.

Per Serving (excluding unknown
items): 274 Calories; 11g Fat
(36.6% calories from fat); 4g
Protein; 40g Carbohydrate; trace
Dietary Fiber; 72mg Cholesterol;
310mg Sodium. Exchanges: 1/2
Lean Meat; 2 Fat; 2 1/2 Other
Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	274	Vitamin B6 (mg):	.1mg
% Calories from Fat:	36.6%	Vitamin B12 (mcg):	.3mcg

% Calories from Carbohydrates: 57.6%
% Calories from Protein: 5.8%
Total Fat (g): 11g
Saturated Fat (g): 2g
Monounsaturated Fat (g): 5g
Polyunsaturated Fat (g): 3g
Cholesterol (mg): 72mg
Carbohydrate (g): 40g
Dietary Fiber (g): trace
Protein (g): 4g
Sodium (mg): 310mg
Potassium (mg): 79mg
Calcium (mg): 72mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 82IU
Vitamin A (r.e.): 23 1/2RE

Thiamin B1 (mg): .1mg
Riboflavin B2 (mg): .2mg
Folacin (mcg): 37mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 274 **Calories from Fat:** 100

% Daily Values*

Total Fat	11g	17%
Saturated Fat	2g	9%
Cholesterol	72mg	24%
Sodium	310mg	13%
Total Carbohydrates	40g	13%
Dietary Fiber	trace	2%
Protein	4g	

Vitamin A	2%
Vitamin C	0%
Calcium	7%
Iron	6%

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