

# Punch Bowl Cake

Lynne Gruszka

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

*1 box pineapple or yellow cake mix  
(angel food cake will also work)  
1 large box vanilla instant pudding  
1 large can crushed pineapple,  
drained  
2 cans cherry pie filling  
4 bananas, sliced  
1 cup chopped pecans  
1 small jar maraschino cherries  
1 container (12 ounce) whipped  
topping*

Bake the cake according to manufacturers directions.

Crumble one-half of the cake into a punch bowl.

Prepare the pudding. Add one-half of the pudding to the punchbowl.

Layer one-half of the pineapple.

Layer one can of the cherry pie filling.

Add two of the bananas.

Spread one-half of the whipped topping across the top.

Sprinkle with one-half of the pecans.

Add the remainder of all of the ingredients in the same order.

Add the cherries on top.

Cover and refrigerate for one day.

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Per Serving (excluding unknown items): 3066 Calories; 104g Fat (28.9% calories from fat); 22g Protein; 558g Carbohydrate; 30g Dietary Fiber; 0mg Cholesterol; 239mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 9 1/2 Fruit; 19 1/2 Fat; 25 1/2 Other Carbohydrates.

Desserts

**Per Serving Nutritional Analysis**

|                                |           |
|--------------------------------|-----------|
| Calories (kcal):               | 3066      |
| % Calories from Fat:           | 28.9%     |
| % Calories from Carbohydrates: | 68.5%     |
| % Calories from Protein:       | 2.6%      |
| Total Fat (g):                 | 104g      |
| Saturated Fat (g):             | 24g       |
| Monounsaturated Fat (g):       | 52g       |
| Polyunsaturated Fat (g):       | 22g       |
| Cholesterol (mg):              | 0mg       |
| Carbohydrate (g):              | 558g      |
| Dietary Fiber (g):             | 30g       |
| Protein (g):                   | 22g       |
| Sodium (mg):                   | 239mg     |
| Potassium (mg):                | 4028mg    |
| Calcium (mg):                  | 259mg     |
| Iron (mg):                     | 8mg       |
| Zinc (mg):                     | 8mg       |
| Vitamin C (mg):                | 85mg      |
| Vitamin A (i.u.):              | 3338IU    |
| Vitamin A (r.e.):              | 328 1/2RE |

|                     |        |
|---------------------|--------|
| Vitamin B6 (mg):    | 3.5mg  |
| Vitamin B12 (mcg):  | 0mcg   |
| Thiamin B1 (mg):    | 1.7mg  |
| Riboflavin B2 (mg): | .8mg   |
| Folacin (mcg):      | 189mcg |
| Niacin (mg):        | 6mg    |
| Caffeine (mg):      | 0mg    |
| Alcohol (kcal):     | 0      |
| % Daily Value*      | 0.0%   |

### Food Exchanges

|                      |        |
|----------------------|--------|
| Grain (Starch):      | 1 1/2  |
| Lean Meat:           | 1/2    |
| Vegetable:           | 0      |
| Fruit:               | 9 1/2  |
| Non-Fat Milk:        | 0      |
| Fat:                 | 19 1/2 |
| Other Carbohydrates: | 25 1/2 |

## Nutrition Facts

### Amount Per Serving

Calories 3066      Calories from Fat: 885

### % Daily Values\*

|                                 |      |
|---------------------------------|------|
| <b>Total Fat</b> 104g           | 161% |
| Saturated Fat 24g               | 121% |
| <b>Cholesterol</b> 0mg          | 0%   |
| <b>Sodium</b> 239mg             | 10%  |
| <b>Total Carbohydrates</b> 558g | 186% |
| Dietary Fiber 30g               | 122% |
| <b>Protein</b> 22g              |      |
| <b>Vitamin A</b>                | 67%  |
| <b>Vitamin C</b>                | 142% |
| <b>Calcium</b>                  | 26%  |
| <b>Iron</b>                     | 44%  |

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