

Pineapple Angel Food Cake

Recipe Type: Dessert

Serves: 12

Prep Time: 5 minutes

Cooking Time: 40 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 1 box Angel Food Cake mix
- 20 oz. can crushed pineapple in its own juice
- Fat free whipped cream
- Cooking spray

What to do:

1. Wash your hands
2. Preheat oven to 350°F.
3. Open the Angel Food Cake mix. Do not follow instructions on the box.
4. Blend the cake mix with the crushed pineapple in a bowl, including the juice.
5. Mix well until everything is wet.
6. Pour into a greased 9 x 12 inch baking pan.
7. Bake at 350°F for 30-40 minutes.
8. Cake is ready when it is slightly brown on top and spongy to the touch.
9. Cut into 12 pieces.
10. Add a tablespoon of whipped cream to each piece.
11. Enjoy!



This is a picture of 1 serving.

Nutrition Facts

Serving Size 1 piece of cake

Amount Per Serving

Calories 150

Calories from Fat 0

%Daily Value*

Total Fat 0 g **0%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 170 mg **7%**

Total Carbohydrate 35 g **12%**

Dietary Fiber 1 g **4%**

Sugars 21 g

Protein 3 g

Vitamin C 6%

Calcium 4%

* Percent Daily Values are based on a 2,000 calorie diet.

FK=5.0

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