



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Dump Cake

- 1 15-ounce can of crushed pineapple
- 1 can of pie cherries (not pie filling)
- 1 yellow pie mix
- ¾ stick of margarine, cut into small pieces

1. Dump pineapple and cherries (do not drain) into an ungreased 9x13 inch cake pan.
2. Spread the dry cake mix over the top of the fruit.
3. Dot the cake with the margarine.
4. Bake 40 to 50 minutes at 350° F until golden brown.

Nutrition Facts

Serving Size: 1 piece (102g)

Servings: 12

Amount Per Serving

Calories 220 Calories from Fat 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 3g **14%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 250mg **10%**

Total Carbohydrate 24g **8%**

Dietary Fiber 1g **3%**

Sugars 11g

Protein 2g

Vitamin A 6% Vitamin C 8%

Calcium 2% Iron 4%

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



TV Show

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