



Pineapple Angel Food Cake

Ingredients:

- 1 box (1-step) angel food cake mix
- 1 large can crushed pineapple

Directions:

1. Put dry cake mix in bowl (do not add the water as directed on the box)
2. Add entire can of pineapple with juice. Mix carefully until all dry mix is incorporated
3. Pour into a 9x13 pan or cupcake pan with liners
4. Bake at 350 degrees for 30 to 40 minutes

The edges of the cake should pull away from the sides of the pan. You can also place a toothpick in the center of the cake and if the toothpick comes out clean, the cake is done.

You can substitute low calorie cherry, blueberry or lemon canned pie filling instead of pineapple.

Nutrition information:

Servings per recipe: 12
Amount per serving: one slice of cake
Calories: 147.9
Total fat: 0.2 g
Cholesterol: 0.0 mg
Sodium: 243.1 mg
Total carbs: 34.6 g
Dietary fiber: 0.4 g
Protein: 3.1 g