



## 3-Ingredient Pineapple Spice Cake



1/6th of recipe: 186 calories, 2.5g total fat (1g sat fat), 296mg sodium, 38.5g carbs, 0.5g fiber, 23g sugars, 2.5g protein

**Green Plan [SmartPoints](#)® value 7\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 7\***

**Purple Plan [SmartPoints](#)® value 7\***

**Prep:** 5 minutes    **Cook:** 30 minutes



Tagged: [Dessert Recipes](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#), [Four or More Servings](#)

### Ingredients

1 3/4 cups moist-style spice cake mix (about 1/2 box)  
One 8-oz. can crushed pineapple in juice, drained  
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute  
Optional: light whipped topping

### Directions

Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray.

In a large bowl, combine cake mix, drained pineapple, and egg whites/substitute. Mix thoroughly. (Batter will be thick.)

Transfer to the baking pan, and smooth out the top. Bake for 25 - 30 minutes, until a toothpick or knife inserted into the center comes out clean.

MAKES 6 SERVINGS

**SmartPoints**® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.