



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

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



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

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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.
*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.