

Hummingbird Cake

Summary

Yield	Servings
Source	wailana
Prep time	
Cooking time	30 minutes
Total time	30 minutes

Description

Pineapple and coconut give this cake a tropical flavor, while dried cranberries add sweet bursts of tangy flavor. Cranberries are a good source of vitamins A and C, potassium, and fiber. They also are important in maintaining urinary tract health and contain hippuric acid, which has antibacterial effects, as well as antibiotic ingredients.

Image not found

[Hummingbird Cake](http://www.wailana.com/sites/default/files/recipe/hummingbird-cake_library.jpg)

Ingredients

--Batter:

1 c

Oil

2 c

Granulated fructose

20 oz

Crushed pineapple

4 c

Unbleached white flour

2 tspn

Baking powder

2 tspn

Baking soda

1 tspn

Salt

1/2 tspn

Cinnamon

1½ tspn
Allspice
1⅓ c
Dried cranberries, finely chopped
1 1½ c
Shredded coconut

--Frosting:

3 c
Reduced-fat cream cheese, chilled
1
Juice of one lemon
1 1½ c
Shredded coconut
1 ¾ c
Confectioners sugar

Instructions

1. Preheat the oven to 350°F. Place the oil and fructose in a large bowl. Add the crushed pineapple and juice. Mix well. In a separate bowl combine the next 6 dry ingredients, then add to the pineapple mixture and mix gently. Add the cranberries and coconut and stir to combine.
2. Pour the batter into two oiled 9-inch round baking pans or one 9x13-inch baking dish. Bake for 35-40 minutes, or until golden brown and firm to the touch. Remove from the heat and allow to cool, removing from the pans after approximately 10 minutes.
3. For the frosting, soften the cream cheese with an electric mixer on low speed. Slowly add the lemon juice and mix on medium speed. Add the coconut and confectioners sugar and mix on high until well combined.
4. To frost two 9-inch layers, use 1 to 1 ¼ cups between the layers and the remaining frosting for the top and sides of the cake. For a 9x13-inch cake, simply frost the entire cake.

Notes

Nutritional Information Per Serving:

Calories: 687, Fat 37.3g (336 cal), Carbohydrate 80.3g (321 cal), Protein 7.5g (30 cal)

Added information: Saturated Fat 18.7g, Cholesterol 28mg, Sodium 511mg, Dietary Fiber 4.9 g

Source URL: <http://www.wailana.com/lifestyle/recipe/hummingbird-cake>