

Dump Cake

1 package Duncan Hines Carb-Meter™ Yellow Cake Mix
1 can (20 oz) crushed pineapple, packed in juice
1 can (20 oz) no-added-sugar cherry pie filling
1/2 cup applesauce, no-added-sugar
1/2 cup pecans, chopped

Spray an 8 or 9-inch square pan with cooking spray. Dump the cake mix in the bottom of the pan. Spread the pineapple evenly with its juice over the mix. Add in the cherry pie filling and spread evenly. Top with applesauce in even dollops. Sprinkle with pecans. Bake at 350 for 1 hour and 10 minutes. Makes 9 servings.

Nutrition information per serving: 206 calories, 3 grams protein, 6 grams fat, 42 grams carbohydrate, and 273 mg sodium.