



Bisquick Pineapple Upside Down Cake

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



8

CALORIES



200 kcal

DESSERT

Ingredients

- 0.3 cup butter
- 0.3 cup brown sugar packed
- 8 oz pineapple rings drained cut in half canned
- 2 tablespoons pecans chopped
- 1 serving maraschino cherries
- 0.5 cup granulated sugar
- 0.5 cup water
- 2 tablespoons vegetable oil

- 1 teaspoon vanilla
- 1 eggs
- 1.5 cups frangelico

Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks

Directions

- Heat oven to 350°F. In 9-inch round pan or 8-inch square pan, melt butter in oven.
- Sprinkle brown sugar evenly over melted butter. Arrange pineapple slices in single layer over sugar mixture.
- Sprinkle with pecans.
- Place cherry in center of each pineapple slice (cherries with stems can be added after baking).
- In large bowl, beat remaining ingredients with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 4 minutes, scraping bowl occasionally.
- Pour batter over pineapple and cherries.
- Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Immediately place heatproof serving plate upside down over pan; turn plate and pan over. Leave pan over cake a few minutes so brown sugar mixture can drizzle over cake; remove pan. Cool at least 10 minutes before serving. Store loosely covered.

Nutrition Facts



PROTEIN 2.22% **FAT 50.36%** **CARBS 47.42%**

Properties

Glycemic Index:10.01, Glycemic Load:8.74, Inflammation Score:-2, Nutrition Score:2.5230434796085%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 199.93kcal (10%), Fat: 11.51g (17.7%), Saturated Fat: 2.03g (12.7%), Carbohydrates: 24.38g (8.13%), Net Carbohydrates: 23.75g (8.64%), Sugar: 23.61g (26.24%), Cholesterol: 20.46mg (6.82%), Sodium: 77.85mg (3.38%), Alcohol: 0.17g (100%), Alcohol %: 0.27% (100%), Protein: 1.14g (2.28%), Vitamin K: 6.56µg (6.25%), Manganese: 0.12mg (6.01%), Vitamin A: 299.3IU (5.99%), Vitamin E: 0.6mg (3.98%), Copper: 0.07mg (3.6%), Vitamin C: 2.71mg (3.28%), Vitamin B1: 0.05mg (3.23%), Selenium: 2.06µg (2.94%), Fiber: 0.63g (2.51%), Vitamin B2: 0.04mg (2.34%), Magnesium: 9mg (2.25%), Phosphorus: 21.75mg (2.18%), Vitamin B6: 0.04mg (1.97%), Potassium: 66.24mg (1.89%), Calcium: 18.16mg (1.82%), Iron: 0.3mg (1.66%), Zinc: 0.22mg (1.46%), Vitamin B5: 0.12mg (1.21%), Folate: 4.69µg (1.17%)