



Boozy Mini Pineapple Upside Cakes

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



631 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 0.7 cup brown sugar light packed
- ☐ 3 tablespoons rum dark
- ☐ 8 slices pineapple rings canned
- ☐ 8 maraschino cherries
- ☐ 2 eggs separated
- ☐ 0.5 cup butter softened
- ☐ 0.5 cup granulated sugar

- ☐ 0.5 cup buttermilk
- ☐ 0.3 cup rum dark
- ☐ 1.5 teaspoons vanilla
- ☐ 1.5 cups flour all-purpose
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.8 teaspoon salt
- ☐ 1 teaspoon ground cinnamon

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ ramekin
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks

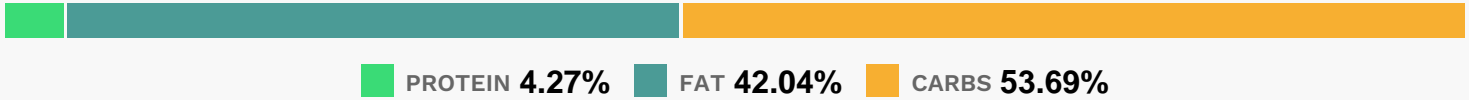
Directions

- ☐ Heat oven to 350°F. Grease 6 (6-oz) individual baking dishes (ramekins) with butter or shortening; place on cookie sheet.
- ☐ In medium bowl, beat 1/3 cup butter, the brown sugar and 3 tablespoons rum with electric mixer on medium speed until light and fluffy. Divide mixture evenly among baking dishes.
- ☐ Place in oven 10 minutes or until butter and sugar are melted.
- ☐ Place 1 pineapple slice and 1 cherry in each baking dish; set aside.
- ☐ In small bowl, with clean beaters, beat egg whites on high speed until stiff peaks form; set aside.
- ☐ In large bowl, beat 1/2 cup butter and the granulated sugar with electric mixer on medium speed until light and fluffy. Beat in buttermilk, 1/4 cup rum, the vanilla and egg yolks. On low speed, beat in flour, baking powder, salt and cinnamon. Fold in one-third of the beaten egg whites, then fold in remaining whites. Spoon batter evenly over topping mixture in baking

dishes.

- ☐ Bake 25 to 30 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes.
- ☐ Place small heatproof dessert plate upside down over each baking dish; turn plate and dish over.
- ☐ Let stand 1 minute so topping drizzles over cakes.
- ☐ Remove dish.
- ☐ Serve cakes warm.

Nutrition Facts



Properties

Glycemic Index:67.18, Glycemic Load:29.54, Inflammation Score:-6, Nutrition Score:10.351304303045%

Nutrients (% of daily need)

Calories: 630.87kcal (31.54%), Fat: 28.09g (43.21%), Saturated Fat: 17.1g (106.89%), Carbohydrates: 80.71g (26.9%), Net Carbohydrates: 78.5g (28.55%), Sugar: 54.85g (60.94%), Cholesterol: 124.54mg (41.51%), Sodium: 685.52mg (29.81%), Alcohol: 6.19g (100%), Alcohol %: 3.26% (100%), Protein: 6.42g (12.85%), Selenium: 16.87µg (24.1%), Vitamin B1: 0.34mg (22.64%), Vitamin A: 941.4IU (18.83%), Folate: 70.02µg (17.51%), Vitamin B2: 0.29mg (16.89%), Calcium: 161.45mg (16.14%), Manganese: 0.3mg (14.99%), Iron: 2.32mg (12.91%), Phosphorus: 123.95mg (12.39%), Vitamin B3: 2.14mg (10.69%), Fiber: 2.21g (8.83%), Vitamin C: 7.03mg (8.52%), Copper: 0.17mg (8.43%), Magnesium: 25.62mg (6.4%), Vitamin E: 0.94mg (6.29%), Potassium: 218.67mg (6.25%), Vitamin B6: 0.11mg (5.71%), Vitamin B5: 0.51mg (5.1%), Vitamin B12: 0.28µg (4.6%), Zinc: 0.63mg (4.19%), Vitamin D: 0.55µg (3.69%), Vitamin K: 3.13µg (2.98%)