



Boozy Pineapple Upside-Down Cake

READY IN



120 min.

SERVINGS



9

CALORIES



568 kcal

DESSERT

Ingredients

- 0.3 cup butter
- 1 cup t brown sugar dark packed
- 3 eggs
- 6 oz maraschino cherries drained
- 20 oz pineapple rings drained canned
- 1.5 cups spiced rum
- 0.5 cup vegetable oil
- 1 box cake mix yellow
- 0.5 cup frangelico (from 12-oz bottle)

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Equipment

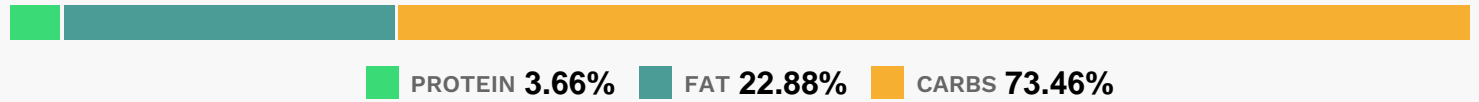
- bowl
- frying pan
- baking sheet
- oven
- knife
- hand mixer

Directions

- Place drained pineapple and cherries in separate bowls.
- Pour about 1 cup rum over pineapple and remaining rum over cherries.
- Let stand 1 to 8 hours to marinate.
- Heat oven to 350F.
- Place butter in ungreased 13x9-inch pan; place in oven to melt. When butter is melted, remove pan from oven.
- Sprinkle brown sugar evenly over butter; set aside.
- Drain and reserve 1/2 cup rum from pineapple. Arrange pineapple slices in pan in 3 rows of 3 or 4 slices.
- Drain rum from cherries; discard rum.
- Place 1 cherry in center of each pineapple slice.
- In large bowl, place cake mix, pia colada mix, oil, eggs and 1/2 cup reserved rum from pineapple. Beat with electric mixer on medium speed until smooth.
- Pour evenly over fruit in pan.
- Bake 40 to 45 minutes or until cake springs back when touched lightly in center. Run knife around edges of cake.
- Place cookie sheet upside down over pan; turn cookie sheet and pan over.
- Let stand 5 minutes to allow juices to run down onto cake.
- Remove pan.

Serve cake warm.

Nutrition Facts



Properties

Glycemic Index:7.22, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:8.1495652820753%

Nutrients (% of daily need)

Calories: 568.34kcal (28.42%), Fat: 12.34g (18.99%), Saturated Fat: 6.09g (38.08%), Carbohydrates: 89.17g (29.72%), Net Carbohydrates: 87.06g (31.66%), Sugar: 64.95g (72.17%), Cholesterol: 72.64mg (24.21%), Sodium: 501.71mg (21.81%), Alcohol: 13.36g (100%), Alcohol %: 7.09% (100%), Protein: 4.44g (8.87%), Phosphorus: 216.69mg (21.67%), Calcium: 172.01mg (17.2%), Vitamin B1: 0.21mg (13.71%), Vitamin B2: 0.22mg (12.79%), Folate: 49.6µg (12.4%), Iron: 1.9mg (10.56%), Selenium: 6.89µg (9.85%), Fiber: 2.11g (8.45%), Copper: 0.17mg (8.31%), Vitamin B3: 1.56mg (7.78%), Vitamin E: 1.1mg (7.32%), Vitamin C: 5.92mg (7.18%), Vitamin K: 7.48µg (7.12%), Manganese: 0.14mg (6.95%), Vitamin A: 329.31IU (6.59%), Vitamin B6: 0.13mg (6.4%), Magnesium: 20.08mg (5.02%), Vitamin B5: 0.49mg (4.86%), Potassium: 164.66mg (4.7%), Vitamin B12: 0.2µg (3.37%), Zinc: 0.49mg (3.25%), Vitamin D: 0.29µg (1.96%)