



Cinnamon pineapple upside-down cake

 Vegetarian

READY IN



85 min.

SERVINGS



8

CALORIES



468 kcal

DESSERT

Ingredients

- ☐ 200 g butter unsalted softened
- ☐ 125 g brown sugar soft
- ☐ 1 tsp ground cinnamon
- ☐ 1.5 tsp vanilla paste
- ☐ 1 pineapple peeled cut into quarters, core removed, then cut into 2cm slices
- ☐ 140 g brown sugar
- ☐ 2 large egg whites beaten
- ☐ 1.5 tsp double-acting baking powder

- ☐ 200 g flour plain
- ☐ 75 ml milk whole

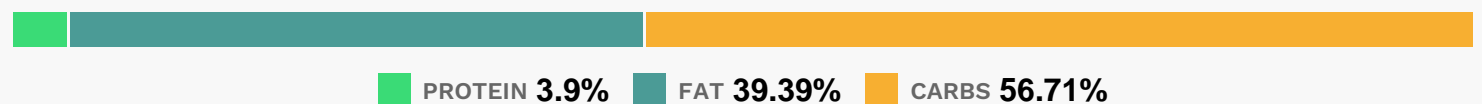
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ cake form
- ☐ aluminum foil

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Put 4 tbsp of the butter into a 22cm springform cake tin and place in the oven to melt.
- ☐ Remove and stir in the brown sugar, cinnamon and tsp of the vanilla paste. Arrange the pineapple in the buttery sugar mixture, tossing a little to coat. Try to fill all the gaps, so you cant see much of the base.
- ☐ In a mixing bowl, beat the caster sugar and remaining butter using an electric hand whisk for 2-3 mins until light and fluffy.
- ☐ Add the eggs and egg white, one at a time, and the remaining vanilla.
- ☐ Add the baking powder and a pinch of salt, then the flour and milk, beating until they are both incorporated. Beat for 1 min more until smooth.
- ☐ Spoon the batter into the pan over the pineapple.
- ☐ Bake for 1 hr, covering with foil if it starts to brown. Leave to rest for 5 mins, then turn out onto a platter and serve warm as a pudding, with crme frache, if you like. Alternatively, leave to cool completely in the tin and serve as a cake.

Nutrition Facts



Properties

Glycemic Index:33.58, Glycemic Load:21.96, Inflammation Score:-6, Nutrition Score:13.414782607037%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 467.79kcal (23.39%), Fat: 20.99g (32.29%), Saturated Fat: 13.07g (81.7%), Carbohydrates: 67.98g (22.66%), Net Carbohydrates: 65.55g (23.84%), Sugar: 44.45g (49.39%), Cholesterol: 54.91mg (18.3%), Sodium: 122.48mg (5.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.35%), Vitamin C: 54.09mg (65.56%), Manganese: 1.3mg (64.98%), Vitamin B1: 0.29mg (19.51%), Folate: 67.54µg (16.89%), Selenium: 11.08µg (15.83%), Vitamin A: 706.98IU (14.14%), Vitamin B2: 0.22mg (12.82%), Calcium: 118.36mg (11.84%), Vitamin B3: 2.11mg (10.56%), Iron: 1.86mg (10.32%), Fiber: 2.43g (9.73%), Copper: 0.18mg (9.16%), Vitamin B6: 0.16mg (7.94%), Phosphorus: 73.48mg (7.35%), Potassium: 229.64mg (6.56%), Magnesium: 25.05mg (6.26%), Vitamin B5: 0.47mg (4.75%), Vitamin E: 0.63mg (4.2%), Vitamin D: 0.48µg (3.21%), Vitamin K: 2.75µg (2.62%), Zinc: 0.39mg (2.61%), Vitamin B12: 0.1µg (1.7%)