



Custard Cake with Caramelized Pineapple

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



17

CALORIES



449 kcal

DESSERT

Ingredients

- 3 teaspoons double-acting baking powder
- 0.5 cup butter
- 0.5 cup butter melted
- 16 ounce coconut milk canned
- 0.8 cup brown sugar dark
- 5 eggs
- 2 cups milk
- 1.5 cups pineapple fresh diced

- 2 cups sugar
- 1 teaspoon vanilla extract
- 3.5 cups mochiko (rice flour)

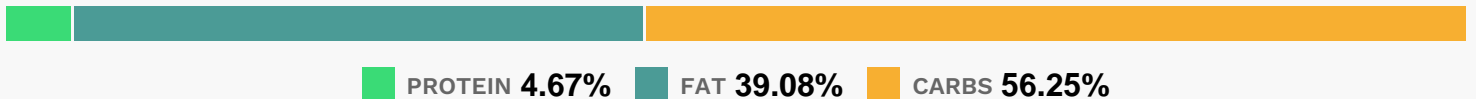
Equipment

- sauce pan
- oven
- whisk
- mixing bowl
- baking pan

Directions

- Preheat oven to 350 degrees F.
- In a mixing bowl, sift dry ingredients well.
- Add remaining ingredients except melted butter.
- Mix until batter is well combined using a whisk. Fold in melted butter and pour into a 9 by 13-inch baking pan.
- Bake in preheated oven for 45 minutes or until golden brown.
- Cut into 3-inch squares and serve with Caramelized Pineapple.
- In a saucepan, melt butter and brown sugar.
- Add vanilla. Fold in diced pineapple and continue to cook until mixture has thickened.

Nutrition Facts



Properties

Glycemic Index:25.1, Glycemic Load:35.53, Inflammation Score:-3, Nutrition Score:8.194347873978%

Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 449.2kcal (22.46%), Fat: 19.89g (30.6%), Saturated Fat: 13.56g (84.75%), Carbohydrates: 64.4g (21.47%), Net Carbohydrates: 62.82g (22.84%), Sugar: 36.73g (40.81%), Cholesterol: 80.29mg (26.76%), Sodium: 197.09mg (8.57%), Alcohol: 0.08g (100%), Alcohol %: 0.06% (100%), Protein: 5.35g (10.69%), Manganese: 0.79mg (39.36%), Selenium: 11.55µg (16.51%), Phosphorus: 133.82mg (13.38%), Vitamin B6: 0.21mg (10.63%), Calcium: 105.01mg (10.5%), Vitamin C: 7.71mg (9.34%), Vitamin A: 458.52IU (9.17%), Magnesium: 29.51mg (7.38%), Copper: 0.15mg (7.29%), Vitamin B2: 0.12mg (7.03%), Vitamin B5: 0.68mg (6.83%), Fiber: 1.58g (6.33%), Vitamin B3: 1.19mg (5.93%), Vitamin B1: 0.09mg (5.72%), Iron: 0.98mg (5.46%), Potassium: 189.07mg (5.4%), Zinc: 0.76mg (5.08%), Vitamin B12: 0.29µg (4.88%), Vitamin D: 0.57µg (3.83%), Folate: 14.79µg (3.7%), Vitamin E: 0.54mg (3.59%), Vitamin K: 1.19µg (1.13%)