



Dream Pineapple Upside-Down Cake

 Dairy Free

READY IN



70 min.

SERVINGS



16

CALORIES



271 kcal

DESSERT

Ingredients

- 1 cup brown sugar packed
- 0.3 cup butter melted
- 4 eggs
- 6 maraschino cherries halved
- 0.5 cup planters pecans chopped
- 24 oz pineapple in juice undrained canned
- 1 cup water cold
- 1 env. dream whip whipped topping mix

1 pkg duncan hines classic decadent cake mix yellow (2-layer size)

Equipment

frying pan

oven

blender

Directions

Heat oven to 350F.

Drain pineapple, reserving 2 Tbsp. juice; set aside.

Combine sugar and butter in 13x9-inch pan. Arrange pineapple slices in pan, cutting if necessary to fit.

Place cherry half, cut-side up, in center of each slice.

Sprinkle with reserved pineapple juice, then nuts.

Beat remaining ingredients with mixer until blended; pour over ingredients in pan.

Bake 50 to 55 min. or until top springs back when lightly pressed in center; cool in pan 10 min. Invert cake onto plate. (Do not remove pan.)

Let stand 1 min.; remove pan.

Serve cake warm or cooled.

Nutrition Facts



PROTEIN 4.54% **FAT 26.09%** **CARBS 69.37%**

Properties

Glycemic Index:0.63, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:5.468260915383%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-

gallate: 0.07mg

Nutrients (% of daily need)

Calories: 271.02kcal (13.55%), Fat: 8.04g (12.37%), Saturated Fat: 1.86g (11.62%), Carbohydrates: 48.09g (16.03%), Net Carbohydrates: 46.79g (17.01%), Sugar: 34.3g (38.11%), Cholesterol: 40.92mg (13.64%), Sodium: 300.59mg (13.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.29%), Phosphorus: 135.24mg (13.52%), Manganese: 0.21mg (10.65%), Calcium: 97.64mg (9.76%), Vitamin B1: 0.14mg (9.55%), Vitamin B2: 0.14mg (8.22%), Folate: 30.14µg (7.53%), Selenium: 4.8µg (6.86%), Iron: 1.17mg (6.49%), Copper: 0.13mg (6.27%), Fiber: 1.3g (5.19%), Vitamin A: 252.45IU (5.05%), Vitamin C: 4.04mg (4.9%), Vitamin B3: 0.93mg (4.65%), Vitamin B6: 0.09mg (4.41%), Vitamin E: 0.61mg (4.08%), Magnesium: 16.28mg (4.07%), Vitamin B5: 0.34mg (3.36%), Potassium: 116.51mg (3.33%), Zinc: 0.42mg (2.82%), Vitamin B12: 0.14µg (2.25%), Vitamin D: 0.22µg (1.47%), Vitamin K: 1.41µg (1.34%)