



Easy Pineapple Upside-Down Cake

READY IN



100 min.

SERVINGS



12

CALORIES



343 kcal

DESSERT

Ingredients

- 0.3 cup butter
- 1 cup brown sugar packed
- 20 pineapple rings drained canned
- 6 oz maraschino cherries drained (18 cherries)
- 1 box cake mix yellow

Equipment

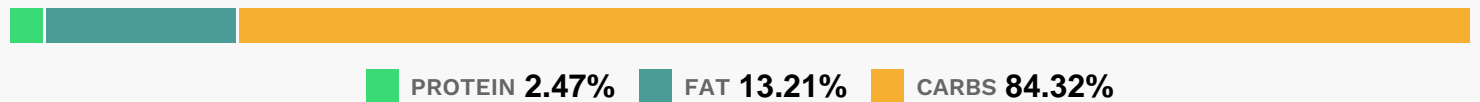
- frying pan
- oven

- knife
- toothpicks

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Melt butter in 13x9-inch pan in oven.
- Sprinkle brown sugar evenly over melted butter. Arrange pineapple slices on brown sugar.
- Place cherry in center of each pineapple slice, and arrange remaining cherries around slices; press gently into brown sugar.
- Add enough water to reserved pineapple juice to measure 1 cup. Make cake batter as directed on box, substituting pineapple juice mixture for the water.
- Pour batter over pineapple and cherries.
- Bake 40 to 46 minutes (44 to 53 minutes for dark or nonstick pan) or until toothpick inserted in center comes out clean. Immediately run knife around side of pan to loosen cake.
- Place heatproof serving plate upside down onto pan; turn plate and pan over. Leave pan over cake 5 minutes so brown sugar topping can drizzle over cake; remove pan. Cool 30 minutes.
- Serve warm or cool. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:5.8621738630792%

Nutrients (% of daily need)

Calories: 342.51kcal (17.13%), Fat: 5.17g (7.95%), Saturated Fat: 3.14g (19.64%), Carbohydrates: 74.23g (24.74%), Net Carbohydrates: 72.02g (26.19%), Sugar: 55.48g (61.65%), Cholesterol: 10.17mg (3.39%), Sodium: 350.71mg (15.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.34%), Phosphorus: 142.5mg (14.25%), Vitamin B1: 0.2mg (13.11%), Calcium: 130.11mg (13.01%), Vitamin C: 8.93mg (10.82%), Fiber: 2.21g (8.82%), Folate: 34.37µg (8.59%), Copper: 0.16mg (8.08%), Iron: 1.35mg (7.52%), Vitamin B2: 0.12mg (7.12%), Vitamin B3: 1.29mg (6.45%), Vitamin B6: 0.11mg (5.64%), Magnesium: 20.87mg (5.22%), Manganese: 0.1mg (4.79%), Potassium: 166.54mg (4.76%), Vitamin E: 0.53mg (3.55%), Vitamin A: 172.06IU (3.44%), Selenium: 1.97µg (2.81%), Vitamin K: 2.46µg (2.34%), Vitamin B5: 0.19mg (1.94%), Zinc: 0.26mg (1.72%)