



Fresh Pineapple Upside-Down Cake

 Vegetarian

READY IN



120 min.

SERVINGS



10

CALORIES



339 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.7 cup buttermilk well-shaken
- ☐ 2 large eggs
- ☐ 1.7 cups flour all-purpose
- ☐ 0.7 cup granulated sugar
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.5 pineapple fresh cored peeled halved lengthwise

- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup butter unsalted softened
- ☐ 1 teaspoon vanilla extract pure

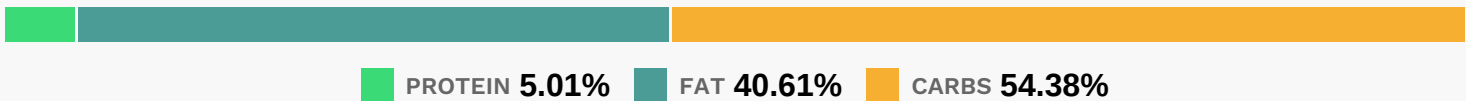
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ cake form

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Sift together flour, baking powder and soda, and salt into a bowl.
- ☐ Cut pineapple crosswise into 1/4-inch-thick wedges.
- ☐ Butter a 9-inch round cake pan (2 inches deep) lightly on side and generously on bottom of pan using 1/2 stick butter.
- ☐ Sprinkle all of brown sugar evenly over bottom and arrange pineapple over it, starting in center of pan and overlapping slices slightly.
- ☐ Beat together remaining stick butter, granulated sugar, and vanilla with an electric mixer at medium speed until light and fluffy, about 2 minutes, then add eggs 1 at a time, beating well after each addition. Reduce speed to low and add flour mixture alternately with buttermilk in batches, beginning and ending with flour and mixing just until batter is smooth.
- ☐ Spread batter evenly over pineapple and bake until a wooden pick inserted in center of cake comes out clean, 40 to 45 minutes. Cool 15 minutes in pan on a rack, then invert cake onto a plate and remove pan. Cool to room temperature.

Nutrition Facts



Properties

Glycemic Index:32.68, Glycemic Load:24.31, Inflammation Score:-5, Nutrition Score:8.3917391041051%

Flavonoids

Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 339.35kcal (16.97%), Fat: 15.59g (23.99%), Saturated Fat: 9.4g (58.74%), Carbohydrates: 46.98g (15.66%), Net Carbohydrates: 45.78g (16.65%), Sugar: 29.37g (32.63%), Cholesterol: 75.56mg (25.19%), Sodium: 186.09mg (8.09%), Alcohol: 0.14g (100%), Alcohol %: 0.13% (100%), Protein: 4.33g (8.66%), Manganese: 0.57mg (28.72%), Vitamin C: 21.63mg (26.22%), Selenium: 11.15µg (15.93%), Vitamin B1: 0.21mg (14.11%), Folate: 52.39µg (13.1%), Vitamin B2: 0.2mg (11.72%), Vitamin A: 532.1IU (10.64%), Calcium: 81.69mg (8.17%), Iron: 1.43mg (7.96%), Phosphorus: 77.22mg (7.72%), Vitamin B3: 1.5mg (7.5%), Copper: 0.1mg (5.01%), Fiber: 1.2g (4.79%), Vitamin D: 0.66µg (4.42%), Vitamin B6: 0.09mg (4.39%), Vitamin B5: 0.44mg (4.35%), Potassium: 126.72mg (3.62%), Magnesium: 14.36mg (3.59%), Vitamin E: 0.53mg (3.55%), Vitamin B12: 0.19µg (3.19%), Zinc: 0.41mg (2.74%), Vitamin K: 1.65µg (1.57%)