



Fresh Pineapple Upside-Down Cake

READY IN



45 min.

SERVINGS



10

CALORIES



357 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup firmly brown sugar light packed
- ☐ 0.3 cup butter
- ☐ 0.5 cup cherries dried
- ☐ 3 large eggs separated
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup macadamias chopped
- ☐ 0.3 cup milk
- ☐ 4 slices pineapple fresh (1/2-inch-thick)

- ☐ 1 teaspoon salt
- ☐ 1 cup sugar

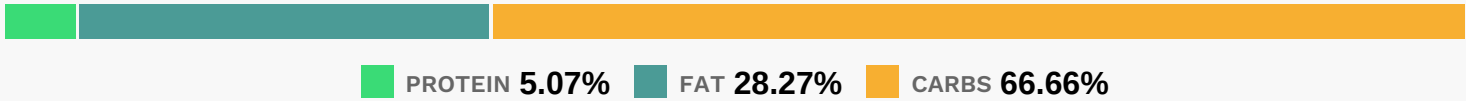
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack

Directions

- ☐ Melt butter in a 10-inch cast-iron skillet over medium heat, and sprinkle with brown sugar. Arrange fresh pineapple slices, dried cherries, and macadamias over brown sugar; cook until sugar is bubbly and pineapple is browned.
- ☐ Remove from heat.
- ☐ Beat egg yolks until thick and pale; gradually add sugar, beating well.
- ☐ Combine flour, soda, and salt; stir in cardamom, if desired.
- ☐ Add to yolk mixture, beating just until blended. Stir in milk.
- ☐ Beat egg whites until stiff but not dry; fold into batter, and spoon evenly over fruit.
- ☐ Bake at 375 for 35 minutes or until a wooden pick inserted in center comes out clean. Run a knife around edge of cake to loosen; cool in pan on a wire rack 10 minutes. Invert onto serving plate.

Nutrition Facts



Properties

Glycemic Index:25.18, Glycemic Load:23.35, Inflammation Score:-5, Nutrition Score:7.9630435070266%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 357.41kcal (17.87%), Fat: 11.56g (17.78%), Saturated Fat: 2.4g (14.99%), Carbohydrates: 61.33g (20.44%), Net Carbohydrates: 59.37g (21.59%), Sugar: 48.53g (53.93%), Cholesterol: 56.78mg (18.93%), Sodium: 428.14mg (18.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.33%), Manganese: 0.69mg (34.68%), Vitamin C: 16.15mg (19.58%), Vitamin B1: 0.22mg (14.39%), Selenium: 9.66µg (13.8%), Vitamin A: 531.81IU (10.64%), Vitamin B2: 0.17mg (9.94%), Folate: 36.99µg (9.25%), Iron: 1.45mg (8.08%), Fiber: 1.95g (7.82%), Phosphorus: 68.88mg (6.89%), Copper: 0.13mg (6.42%), Calcium: 56.1mg (5.61%), Vitamin B3: 1.12mg (5.58%), Magnesium: 20.42mg (5.11%), Vitamin B6: 0.1mg (5.08%), Vitamin B5: 0.47mg (4.71%), Potassium: 139.65mg (3.99%), Vitamin B12: 0.18µg (3.05%), Zinc: 0.45mg (3.01%), Vitamin D: 0.39µg (2.6%), Vitamin E: 0.39mg (2.59%)