



Gluten-Free Pineapple Upside Down Cake

 Vegetarian

READY IN



90 min.

SERVINGS



9

CALORIES



277 kcal

DESSERT

Ingredients

- 0.3 cup butter
- 0.7 cup brown sugar packed
- 2 tablespoons plus light
- 9 slices pineapple rings drained (from 16-oz can)
- 9 maraschino cherries drained
- 15 oz betty crocker's cake mix gluten free yellow
- 0.5 cup butter softened
- 0.7 cup water

- 2 teaspoons vanilla extract pure
- 3 eggs

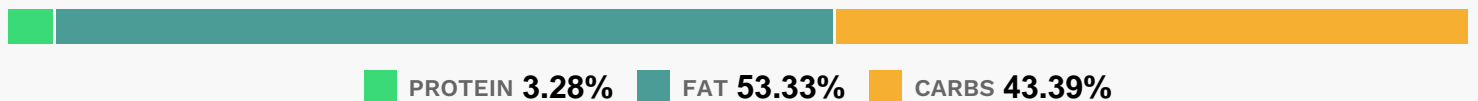
Equipment

- bowl
- frying pan
- oven
- knife
- hand mixer
- toothpicks

Directions

- Heat oven to 350°F. In 9-inch square pan, melt 1/4 cup butter in oven. Stir in brown sugar and corn syrup; spread evenly in pan. Arrange pineapple slices on brown sugar mixture.
- Place cherry in center of each pineapple slice.
- In large bowl, beat cake mix, 1/2 cup butter, water, vanilla and eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- Pour batter over pineapple and cherries.
- Bake 38 to 43 minutes or until surface is golden brown and 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:13.22, Glycemic Load:0.72, Inflammation Score:-3, Nutrition Score:3.6369565414346%

Nutrients (% of daily need)

Calories: 276.78kcal (13.84%), Fat: 16.82g (25.87%), Saturated Fat: 10.19g (63.68%), Carbohydrates: 30.78g (10.26%), Net Carbohydrates: 29.9g (10.87%), Sugar: 29.67g (32.96%), Cholesterol: 95.23mg (31.74%), Sodium: 151.77mg (6.6%), Alcohol: 0.31g (100%), Alcohol %: 0.21% (100%), Protein: 2.33g (4.65%), Vitamin A: 582.18IU (11.64%), Selenium: 5.16µg (7.37%), Vitamin C: 5.26mg (6.38%), Vitamin B2: 0.09mg (5.06%), Vitamin B1: 0.07mg (4.46%), Copper: 0.09mg (4.44%), Vitamin E: 0.61mg (4.04%), Calcium: 39.2mg (3.92%), Phosphorus: 38.36mg (3.84%), Vitamin B6: 0.07mg (3.73%), Fiber: 0.89g (3.55%), Potassium: 118.31mg (3.38%), Magnesium: 12.54mg (3.13%), Iron: 0.56mg (3.09%), Vitamin B12: 0.16µg (2.71%), Vitamin B5: 0.27mg (2.7%), Folate: 10.42µg (2.61%), Zinc: 0.3mg (2.03%), Vitamin D: 0.29µg (1.96%), Vitamin K: 1.84µg (1.75%)