



Hawaiian Pineapple Upside Down Cake

READY IN



125 min.

SERVINGS



15

CALORIES



392 kcal

DESSERT

Ingredients

- ☐ 1 banana ripe mashed
- ☐ 1.5 cups brown sugar
- ☐ 0.5 cup butter melted
- ☐ 0.5 cup coconut or divided flaked
- ☐ 0.5 cup coconut water
- ☐ 3 eggs
- ☐ 0.5 cup macadamia nuts chopped
- ☐ 12 maraschino cherries
- ☐ 0.5 cup reserved pineapple juice

- ☐ 2 pineapple rings canned sliced chopped
- ☐ 0.3 cup vegetable oil
- ☐ 18.3 ounce duncan hines classic decadent cake mix white

Equipment

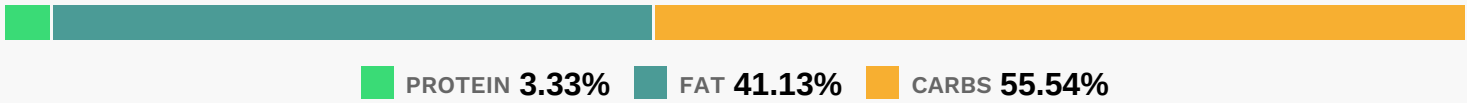
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Pour the melted butter into a 9x13-inch baking dish.
- ☐ Sprinkle the brown sugar evenly over the butter.
- ☐ Arrange 8 pineapple rings in two rows in the baking dish.
- ☐ Sprinkle the macadamia nuts, half of the flaked coconut, and 2 chopped pineapple slices between the rows of pineapple rings.
- ☐ Place a maraschino cherry in each pineapple ring, then scatter the remaining cherries over the coconut mixture. Set baking dish aside.
- ☐ Whisk together the pineapple juice, coconut water, vegetable oil, and eggs in a large bowl. Stir in the mashed banana, yellow cake mix, and remaining flaked coconut until well blended.
- ☐ Slowly pour the batter into the prepared baking dish.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 45 minutes. Cool in the pan for 10 minutes, then run a paring knife between the cake and the edge of the pan.

Cover the cake pan with a large serving plate, and invert it to tip the cake out of the pan and onto the plate with the pineapple slices showing.

Nutrition Facts



Properties

Glycemic Index:14.39, Glycemic Load:1.47, Inflammation Score:-3, Nutrition Score:6.7926088156907%

Flavonoids

Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 391.71kcal (19.59%), Fat: 18.36g (28.25%), Saturated Fat: 7.76g (48.51%), Carbohydrates: 55.8g (18.6%), Net Carbohydrates: 54.13g (19.68%), Sugar: 39.83g (44.25%), Cholesterol: 49mg (16.33%), Sodium: 316.41mg (13.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.7%), Manganese: 0.42mg (21.11%), Phosphorus: 154.68mg (15.47%), Calcium: 110.59mg (11.06%), Vitamin K: 10.53µg (10.03%), Selenium: 6.87µg (9.81%), Vitamin B1: 0.14mg (9.56%), Vitamin B2: 0.14mg (8.22%), Folate: 32.71µg (8.18%), Iron: 1.33mg (7.39%), Vitamin E: 1.01mg (6.75%), Fiber: 1.66g (6.65%), Copper: 0.12mg (6.08%), Vitamin B3: 1.06mg (5.3%), Magnesium: 20.59mg (5.15%), Vitamin A: 243.91IU (4.88%), Vitamin B6: 0.09mg (4.71%), Potassium: 155.82mg (4.45%), Vitamin B5: 0.37mg (3.66%), Zinc: 0.44mg (2.93%), Vitamin C: 1.77mg (2.15%), Vitamin B12: 0.09µg (1.52%), Vitamin D: 0.18µg (1.17%)