



## Individual coconut & pineapple upside-down cakes

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



718 kcal

DESSERT

### Ingredients

- ☐ 50 g butter for greasing
- ☐ 50 g brown sugar soft
- ☐ 2 tbsp rum
- ☐ 6 pineapple rings canned
- ☐ 6 candied cherries
- ☐ 140 g butter softened
- ☐ 140 g sugar

- ☐ 2 large eggs beaten
- ☐ 140 g self raising flour
- ☐ 1 tsp double-acting baking powder
- ☐ 50 g coconut flakes
- ☐ 6 tbsp milk
- ☐ 6 servings custard sauce

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ baking pan

## Directions

- ☐ First, make the topping. In a small pan heat the butter, sugar and rum (if using), on a low heat until dissolved, bubble for a few mins until slightly thickened. Divide between 6 really well-greased, 200ml ramekins.
- ☐ Add a pineapple ring with a glac cherry in the middle to each.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ Beat together the butter and sugar with an electric whisk until pale and fluffy. Gradually beat in the eggs, then fold in the dry ingredients. Finally stir in the milk and divide the mixture between the ramekins.
- ☐ Put them on a baking tray and cook for 25–30 mins until risen, golden and springy to the touch.
- ☐ To serve, turn the ramekins upsidedown onto a plate or a bowl and tap gently to release.
- ☐ Serve with custard.

## Nutrition Facts



 PROTEIN **6.62%**  FAT **49.18%**  CARBS **44.2%**

Properties

Glycemic Index:69.78, Glycemic Load:36.81, Inflammation Score:-6, Nutrition Score:13.315217419811%

Nutrients (% of daily need)

Calories: 717.59kcal (35.88%), Fat: 39.24g (60.37%), Saturated Fat: 24.77g (154.8%), Carbohydrates: 79.35g (26.45%), Net Carbohydrates: 77.38g (28.14%), Sugar: 41.66g (46.28%), Cholesterol: 203.79mg (67.93%), Sodium: 438.87mg (19.08%), Alcohol: 1.67g (100%), Alcohol %: 0.76% (100%), Protein: 11.88g (23.77%), Selenium: 25.23µg (36.04%), Phosphorus: 296.25mg (29.63%), Calcium: 289.4mg (28.94%), Vitamin B2: 0.44mg (26.18%), Vitamin A: 1163.24IU (23.26%), Manganese: 0.44mg (21.8%), Vitamin B12: 1.02µg (16.94%), Vitamin B5: 1.51mg (15.12%), Vitamin D: 2.19µg (14.6%), Potassium: 426.6mg (12.19%), Magnesium: 41.43mg (10.36%), Zinc: 1.4mg (9.32%), Copper: 0.17mg (8.55%), Vitamin B1: 0.13mg (8.51%), Vitamin B6: 0.17mg (8.33%), Iron: 1.42mg (7.91%), Fiber: 1.97g (7.88%), Vitamin E: 1.13mg (7.55%), Folate: 30.06µg (7.51%), Vitamin B3: 0.52mg (2.62%), Vitamin K: 2.7µg (2.57%)