



Mini Pineapple Cakes

READY IN



130 min.

SERVINGS



6

CALORIES



612 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons almond extract
- ☐ 3 egg whites
- ☐ 0.5 cup brown sugar light packed
- ☐ 3.5 pound pineapple cored peeled cut into 1-inch pieces* (see cook's note)
- ☐ 2 tablespoons pineapple juice plus
- ☐ 2 tablespoons butter unsalted at room temperature
- ☐ 0.7 cup vegetable oil
- ☐ 0.7 cup water

- ☐ 18.3 ounce duncan hines classic decadent cake mix white (recommended: Betty Crocker Super Moist)

Equipment

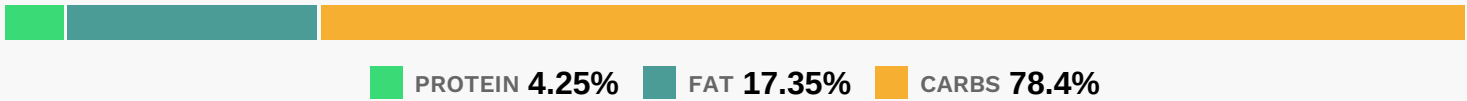
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer
- ☐ kugelhkopf pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: 6-cup mini Bundt pan
- ☐ Place an oven rack in the lower 1/3 of the oven. Preheat the oven to 325 degrees F. Butter and flour a mini Bundt pan.
- ☐ Place the pineapple in the bowl of a food processor. Pulse until coarsely chopped. In a 10-inch nonstick skillet, combine the chopped pineapple, 2 tablespoons pineapple juice, sugar, and butter over medium-high heat. Bring the mixture to a boil, stirring occasionally. Cook until the liquid evaporates and the mixture begins to brown, about 10 to 15 minutes. Spoon the pineapple mixture into the prepared pan.
- ☐ In a large mixing bowl, combine the egg whites, water, vegetable oil, almond extract, cake mix, and 2/3 cup pineapple juice. Using an electric hand mixer, beat the mixture on medium speed for 2 minutes.
- ☐ Pour the batter over the cooked pineapple.
- ☐ Bake for 28 to 30 minutes until the cakes begin to pull away from the sides of the pan and the tops are golden. Allow the cakes to cool for 15 minutes.

Place a piece of parchment paper on top of the cakes. Put a baking sheet, upside-down, on top of the parchment paper. Flip both pans over and allow the cakes to cool completely while still in the Bundt pan, about 1 hour. Unmold the cakes and place on individual serving plates.

Nutrition Facts



Properties

Glycemic Index:17.44, Glycemic Load:18.45, Inflammation Score:-7, Nutrition Score:21.568695528352%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 612.35kcal (30.62%), Fat: 12.16g (18.71%), Saturated Fat: 4.84g (30.27%), Carbohydrates: 123.67g (41.22%), Net Carbohydrates: 119.01g (43.27%), Sugar: 80.87g (89.85%), Cholesterol: 10.03mg (3.34%), Sodium: 632.27mg (27.49%), Alcohol: 0.34g (100%), Alcohol %: 0.1% (100%), Protein: 6.7g (13.39%), Vitamin C: 126.98mg (153.91%), Manganese: 2.67mg (133.53%), Phosphorus: 316.33mg (31.63%), Folate: 109.81µg (27.45%), Vitamin B1: 0.4mg (26.67%), Calcium: 242.18mg (24.22%), Vitamin B2: 0.34mg (20.07%), Copper: 0.38mg (19.1%), Fiber: 4.66g (18.65%), Vitamin B3: 3.43mg (17.16%), Vitamin B6: 0.33mg (16.71%), Selenium: 10.95µg (15.65%), Iron: 2.61mg (14.5%), Vitamin K: 13.43µg (12.79%), Potassium: 399.8mg (11.42%), Magnesium: 45.61mg (11.4%), Vitamin B5: 0.88mg (8.78%), Vitamin E: 1.31mg (8.72%), Vitamin A: 270.34IU (5.41%), Zinc: 0.74mg (4.92%)