



Old Fashioned Pineapple Upside-Down Cake

READY IN



45 min.

SERVINGS



10

CALORIES



285 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 tablespoon butter melted
- ☐ 1 cup cake flour sifted
- ☐ 20 ounce pineapple sliced canned
- ☐ 4 eggs
- ☐ 1 cup brown sugar light packed
- ☐ 10 maraschino cherries halved
- ☐ 0.3 teaspoon salt

☐ 1 cup sugar white

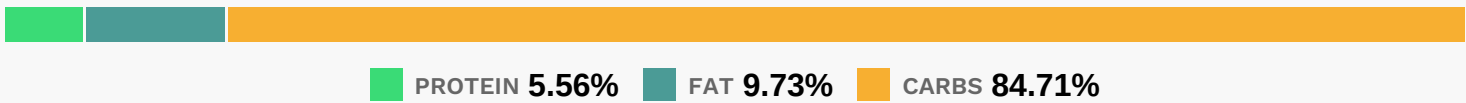
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking spatula

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ In a 10 inch heavy skillet with a heat-resistant handle (I use a cast iron skillet), melt 1/2 cup butter or margarine over very low heat.
- ☐ Remove from heat, and sprinkle brown sugar evenly over pan. Arrange pineapple slices to cover bottom of skillet. Distribute cherries around pineapple; set aside.
- ☐ Sift together flour, baking powder, and salt.
- ☐ Separate the eggs into two bowls. In a large bowl, beat egg whites just until soft peaks form.
- ☐ Add granulated sugar gradually, beating well after each addition. Beat until stiff peaks form. In a small bowl, beat egg yolks at high speed until very thick and yellow. With a wire whisk or rubber scraper, using an over-and-under motion, gently fold egg yolks and flour mixture into whites until blended. Fold in 1 tablespoon melted butter or margarine and almond extract.
- ☐ Spread batter evenly over pineapple in skillet.
- ☐ Bake for 30 to 35 minutes, or until surface springs back when gently pressed with fingertip. Loosen the edges of the cake with table knife. Cool the cake for 5 minutes before inverting onto serving plate.

Nutrition Facts



Properties

Glycemic Index:27.91, Glycemic Load:19.94, Inflammation Score:-1, Nutrition Score:4.4352174479028%

Nutrients (% of daily need)

Calories: 284.56kcal (14.23%), Fat: 3.15g (4.85%), Saturated Fat: 1.31g (8.17%), Carbohydrates: 61.78g (20.59%), Net Carbohydrates: 60.58g (22.03%), Sugar: 51.48g (57.2%), Cholesterol: 68.48mg (22.83%), Sodium: 141.94mg (6.17%), Alcohol: 0.14g (100%), Alcohol %: 0.13% (100%), Protein: 4.05g (8.11%), Selenium: 11µg (15.72%), Calcium: 65.88mg (6.59%), Vitamin C: 5.33mg (6.46%), Vitamin B2: 0.1mg (6.15%), Phosphorus: 61.1mg (6.11%), Manganese: 0.12mg (6.03%), Copper: 0.12mg (5.77%), Vitamin B1: 0.08mg (5%), Fiber: 1.2g (4.79%), Iron: 0.81mg (4.51%), Vitamin B6: 0.09mg (4.32%), Magnesium: 16.11mg (4.03%), Potassium: 138.82mg (3.97%), Folate: 15.49µg (3.87%), Vitamin B5: 0.36mg (3.58%), Vitamin A: 160.88IU (3.22%), Zinc: 0.41mg (2.76%), Vitamin B12: 0.16µg (2.65%), Vitamin D: 0.35µg (2.35%), Vitamin E: 0.28mg (1.87%), Vitamin B3: 0.33mg (1.63%)