



Pam's Pineapple Upside Down Biscuits

READY IN



30 min.

SERVINGS



10

CALORIES



244 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 10 servings biscuits
- 0.8 cups brown sugar packed
- 6 Tablespoons butter unsalted frozen
- 1 cup buttermilk
- 2 cups flour all-purpose
- 1.5 cup apple fresh green peeled chopped (I Used Apples)
- 0.8 teaspoons salt

1 teaspoon sugar

Equipment

bowl

sauce pan

oven

box grater

Directions

Heat brown sugar and 3 tablespoons butter in a small saucepan over medium heat to a spreadable consistency.

Mix flour, baking powder, baking soda, sugar, and salt with a fork in a medium bowl. Using a box grater, coarsely grate frozen butter into dry ingredients, mixing quickly with fingertips to evenly blend. Stir in buttermilk with a fork, adding extra droplets of buttermilk over any dry patches, if necessary and mix until dough just comes together. Turn dough onto a floured surface. With your fingers, pinch dough into 10 rough rounds and arrange over pineapple.

Bake until biscuits are golden brown and pineapple topping is bubbly, about 20 minutes. Invert onto a serving plate and serve immediately with vanilla ice cream or freshly whipped cream.

Nutrition Facts



PROTEIN 5.75% **FAT 29.31%** **CARBS 64.94%**

Properties

Glycemic Index:36.51, Glycemic Load:15.64, Inflammation Score:-3, Nutrition Score:5.5152173560599%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 244.17kcal (12.21%), Fat: 8.05g (12.39%), Saturated Fat: 4.84g (30.25%), Carbohydrates: 40.13g (13.38%), Net Carbohydrates: 38.99g (14.18%), Sugar: 19.63g (21.81%), Cholesterol: 20.71mg (6.9%), Sodium: 327.43mg (14.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.11%), Vitamin B1: 0.22mg (14.36%), Selenium: 9.84µg (14.05%), Folate: 48.63µg (12.16%), Vitamin B2: 0.18mg (10.32%), Manganese: 0.19mg (9.67%), Calcium: 95.8mg (9.58%), Iron: 1.43mg (7.95%), Vitamin B3: 1.57mg (7.85%), Phosphorus: 73.97mg (7.4%), Vitamin A: 259.66IU (5.19%), Fiber: 1.14g (4.56%), Potassium: 105.62mg (3.02%), Vitamin D: 0.44µg (2.92%), Copper: 0.06mg (2.86%), Magnesium: 10.88mg (2.72%), Vitamin B5: 0.25mg (2.46%), Vitamin B12: 0.13µg (2.1%), Zinc: 0.29mg (1.94%), Vitamin E: 0.27mg (1.82%), Vitamin B6: 0.03mg (1.74%), Vitamin K: 1.19µg (1.13%), Vitamin C: 0.86mg (1.05%)