



## Piña Colada Upside-Down Cake

READY IN



90 min.

SERVINGS



12

CALORIES



410 kcal

DESSERT

### Ingredients

- 0.3 cup butter
- 1 cup brown sugar packed
- 0.8 cup coconut flakes flaked
- 20 oz pineapple rings drained canned
- 1 box vanilla cake donut holes
- 1 cup lite coconut milk reduced-fat (from 13.6-oz can) (lite) (not cream of coconut)
- 0.3 cup olive oil
- 3 eggs

## Equipment

- bowl
- oven
- knife
- baking pan
- hand mixer
- toothpicks
- glass baking pan

## Directions

- Heat oven to 350°F. In 13x9-inch (3-quart) glass baking dish, melt butter in oven.
- Sprinkle brown sugar evenly over melted butter.
- Sprinkle coconut over brown sugar. Arrange pineapple slices over coconut; press in lightly.
- In large bowl, beat cake mix, coconut milk, oil and eggs with electric mixer on medium speed 2 minutes, scraping bowl occasionally.
- Pour batter over pineapple slices; spread evenly.
- Bake 34 to 38 minutes or until toothpick inserted in center comes out clean. Immediately run knife around sides of baking dish to loosen cake.
- Place heatproof serving plate upside down onto baking dish; turn plate and baking dish over. Leave baking dish over cake 5 minutes to let brown sugar mixture drizzle down onto cake.
- Remove baking dish. Cool 30 minutes.
- Serve warm or cool. Store loosely covered at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:4.17, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:7.0821738450424%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 409.92kcal (20.5%), Fat: 17.06g (26.25%), Saturated Fat: 8.6g (53.73%), Carbohydrates: 62.27g (20.76%), Net Carbohydrates: 60.32g (21.93%), Sugar: 43.08g (47.87%), Cholesterol: 51.09mg (17.03%), Sodium: 366.18mg (15.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.66%), Phosphorus: 183.09mg (18.31%), Calcium: 125.87mg (12.59%), Manganese: 0.25mg (12.45%), Selenium: 8.52µg (12.17%), Vitamin E: 1.5mg (9.98%), Vitamin B1: 0.15mg (9.97%), Folate: 38.49µg (9.62%), Vitamin B2: 0.16mg (9.45%), Iron: 1.51mg (8.37%), Fiber: 1.95g (7.82%), Copper: 0.14mg (7.21%), Vitamin B3: 1.22mg (6.12%), Vitamin C: 4.52mg (5.48%), Vitamin K: 5.49µg (5.22%), Magnesium: 19.67mg (4.92%), Vitamin B6: 0.09mg (4.49%), Potassium: 154.91mg (4.43%), Vitamin A: 201.21IU (4.02%), Vitamin B5: 0.37mg (3.67%), Zinc: 0.5mg (3.36%), Vitamin B12: 0.11µg (1.77%), Vitamin D: 0.22µg (1.47%)