



Pineapple-and-Cheese Upside-Down Cake

READY IN



45 min.

SERVINGS



12

CALORIES



204 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup firmly brown sugar packed
- ☐ 1 eggs
- ☐ 2 egg whites
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 cup cream cheese reduced-fat
- ☐ 2 tablespoons butter
- ☐ 20 ounce pineapple unsweetened undrained canned
- ☐ 0.3 teaspoon salt

- ☐ 3 ounces sharp cheddar cheese shredded finely
- ☐ 0.8 cup sugar
- ☐ 0.5 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ cake form

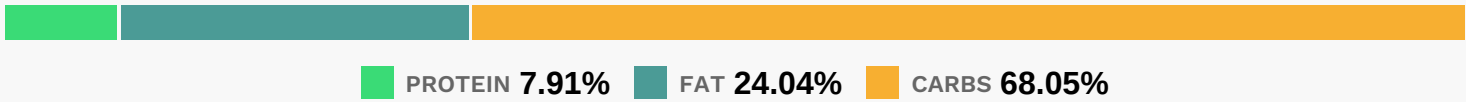
Directions

- ☐ Preheat oven to 35
- ☐ Drain pineapple, reserving 1/4 cup juice.
- ☐ Place reserved juice and 3 pineapple slices in a blender, and process until smooth; set aside.
- ☐ Combine brown sugar and 2 tablespoons margarine in a saucepan; cook over medium-low heat until melted.
- ☐ Remove from heat; add 1/4 cup pureed pineapple, stirring until blended.
- ☐ Pour mixture into a 9-inch round cake pan coated with cooking spray.
- ☐ Cut remaining pineapple slices in half crosswise, and arrange in a single layer over brown sugar mixture; set aside.
- ☐ Combine 3/4 cup sugar, cream cheese, and 2 tablespoons margarine in a large bowl; beat at medium speed of a mixer until blended.
- ☐ Add 2 egg whites and egg, 1 at a time, beating after each addition.
- ☐ Combine flour, baking powder, and salt; add to creamed mixture, beating until blended. Stir in the remaining pureed pineapple, cheddar cheese, and vanilla.
- ☐ Pour batter evenly over pineapple slices.
- ☐ Bake at 350 for 45 minutes or until a wooden pick inserted in the center comes out clean.
- ☐ Let cool in pan 10 minutes; invert cake onto a serving plate.

☐

Serve warm.

Nutrition Facts



Properties

Glycemic Index:22.01, Glycemic Load:13.17, Inflammation Score:-2, Nutrition Score:4.097391328086%

Nutrients (% of daily need)

Calories: 203.99kcal (10.2%), Fat: 5.58g (8.58%), Saturated Fat: 2.34g (14.6%), Carbohydrates: 35.53g (11.84%), Net Carbohydrates: 34.71g (12.62%), Sugar: 28.51g (31.68%), Cholesterol: 23.43mg (7.81%), Sodium: 186.93mg (8.13%), Alcohol: 0.06g (100%), Alcohol %: 0.07% (100%), Protein: 4.13g (8.26%), Selenium: 7.35µg (10.51%), Calcium: 96.71mg (9.67%), Vitamin B2: 0.13mg (7.71%), Vitamin B1: 0.12mg (7.7%), Phosphorus: 68.03mg (6.8%), Vitamin C: 4.45mg (5.39%), Folate: 21.14µg (5.28%), Vitamin A: 225.5IU (4.51%), Iron: 0.69mg (3.84%), Copper: 0.07mg (3.75%), Fiber: 0.83g (3.3%), Magnesium: 13.12mg (3.28%), Potassium: 111.71mg (3.19%), Manganese: 0.06mg (3.15%), Vitamin B3: 0.62mg (3.12%), Zinc: 0.44mg (2.96%), Vitamin B6: 0.06mg (2.83%), Vitamin B12: 0.16µg (2.68%), Vitamin B5: 0.19mg (1.86%), Vitamin E: 0.19mg (1.28%)