



Pineapple-Coconut-Banana Upside-Down Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



270 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup banana ripe mashed (1 banana)
- ☐ 0.8 cup brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose

- ☐ 0.5 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 15.5 ounce pineapple rings undrained canned
- ☐ 0.3 teaspoon salt
- ☐ 1 cup coconut sweetened flaked
- ☐ 2 tablespoons vegetable oil

Equipment

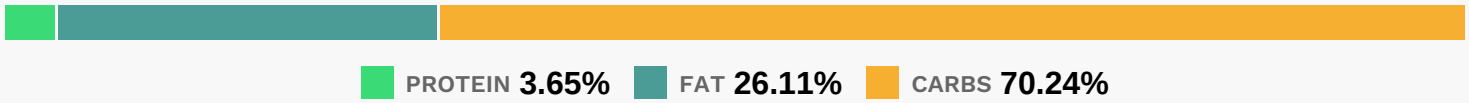
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Melt butter in a 9-inch cast-iron skillet; sprinkle evenly with brown sugar.
- ☐ Drain pineapple slices over a bowl, reserving 1/2 cup juice.
- ☐ Place 1 pineapple ring in center of skillet.
- ☐ Cut remaining pineapple rings in half; arrange around center pineapple ring.
- ☐ Sprinkle evenly with coconut. Set aside.
- ☐ Lightly spoon flour into a dry measuring cup, and level with a knife.
- ☐ Combine flour and next 5 ingredients (flour through salt) in a large bowl.
- ☐ Combine reserved juice, banana, oil, and egg, stirring with a whisk.
- ☐ Add pineapple juice mixture to flour mixture, stirring until combined.
- ☐ Pour flour mixture over coconut.

- ☐
- Bake at 375 for 30 minutes or until a wooden pick inserted in center comes out clean. Invert onto a wire rack.
- ☐
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:34.69, Glycemic Load:14.82, Inflammation Score:-2, Nutrition Score:4.9634782905164%

Flavonoids

Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 270.23kcal (13.51%), Fat: 8.08g (12.42%), Saturated Fat: 4.29g (26.79%), Carbohydrates: 48.86g (16.29%), Net Carbohydrates: 46.87g (17.04%), Sugar: 36.35g (40.39%), Cholesterol: 24.62mg (8.21%), Sodium: 210.08mg (9.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.08%), Selenium: 7.68µg (10.97%), Manganese: 0.22mg (10.85%), Vitamin B1: 0.15mg (9.91%), Fiber: 2g (8%), Folate: 29.43µg (7.36%), Iron: 1.11mg (6.19%), Vitamin B2: 0.1mg (6.09%), Vitamin C: 4.79mg (5.8%), Copper: 0.11mg (5.42%), Vitamin K: 5.63µg (5.36%), Calcium: 52.02mg (5.2%), Vitamin B3: 1mg (4.98%), Phosphorus: 46.79mg (4.68%), Magnesium: 18.01mg (4.5%), Potassium: 155.64mg (4.45%), Vitamin B6: 0.08mg (4.2%), Vitamin A: 124.04IU (2.48%), Vitamin E: 0.37mg (2.44%), Vitamin B5: 0.19mg (1.94%), Zinc: 0.28mg (1.85%)