



Pineapple Coconut Upside-Down Layered Cake

READY IN



100 min.

SERVINGS



40

CALORIES



119 kcal

DESSERT

Ingredients

- 0.3 cup brown sugar packed
- 0.3 cup butter melted
- 1 cup knudsen cream sour
- 3 eggs
- 1 cup baker's angel flake coconut divided toasted
- 4 maraschino cherries halved
- 0.3 cup oil
- 20 oz pineapple rings in juice undrained canned

- 0.5 cup cool whip whipped topping thawed
- 1 pkg duncan hines classic decadent cake mix yellow (2-layer size)

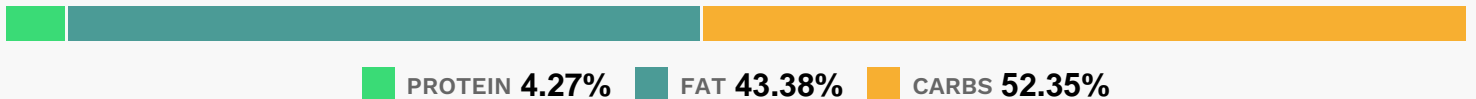
Equipment

- bowl
- frying pan
- oven
- blender
- toothpicks

Directions

- Heat oven to 350F.
- Drain pineapple, reserving 1/2 cup juice. Beat cake mix, eggs, sour cream, oil and reserved pineapple juice in large bowl with mixer until blended.
- Pour butter into 9-inch round pan; sprinkle with sugar. Arrange pineapple rings and cherries over sugar; sprinkle with 1/2 cup coconut. Cover with half the cake batter. Cover bottom of second 9-inch round pan with parchment; spray with cooking spray. Fill with remaining cake batter.
- Bake 45 min. or until toothpick inserted in centers comes out clean. Cool cakes in pans 5 min.; invert onto wire racks.
- Remove pans and parchment; cool cakes completely.
- Place plain cake on plate; spread with COOL WHIP.
- Sprinkle with remaining coconut. Top with second cake layer, fruit side up.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.3269565286844%

Nutrients (% of daily need)

Calories: 118.64kcal (5.93%), Fat: 5.85g (9%), Saturated Fat: 3.05g (19.06%), Carbohydrates: 15.88g (5.29%), Net Carbohydrates: 15.18g (5.52%), Sugar: 10.18g (11.31%), Cholesterol: 18.74mg (6.25%), Sodium: 111.82mg (4.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.59%), Phosphorus: 57.46mg (5.75%), Manganese: 0.09mg (4.29%), Calcium: 40.55mg (4.05%), Vitamin B2: 0.06mg (3.59%), Vitamin B1: 0.05mg (3.22%), Vitamin E: 0.47mg (3.14%), Selenium: 2.12µg (3.03%), Folate: 11.67µg (2.92%), Fiber: 0.7g (2.81%), Iron: 0.46mg (2.54%), Copper: 0.05mg (2.32%), Vitamin A: 97.1IU (1.94%), Vitamin B3: 0.36mg (1.82%), Vitamin B6: 0.04mg (1.8%), Vitamin C: 1.42mg (1.72%), Magnesium: 6.58mg (1.65%), Vitamin K: 1.71µg (1.63%), Potassium: 50.76mg (1.45%), Vitamin B5: 0.14mg (1.38%), Zinc: 0.16mg (1.05%)