



## Pineapple-Coconut Upsidedown Cake

READY IN



45 min.

SERVINGS



8

CALORIES



324 kcal

DESSERT

### Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 cup banana ripe mashed
- 0.3 cup firmly brown sugar packed
- 1 tablespoon butter melted
- 1 large eggs
- 1.3 cups flour all-purpose
- 0.3 cup milk 2% reduced-fat
- 12 maraschino cherry halves
- 20 ounce pineapple in juice undrained canned

- 0.1 teaspoon salt
- 0.3 cup stick margarine softened
- 0.7 cup sugar
- 0.3 cup coconut or sweetened flaked

## Equipment

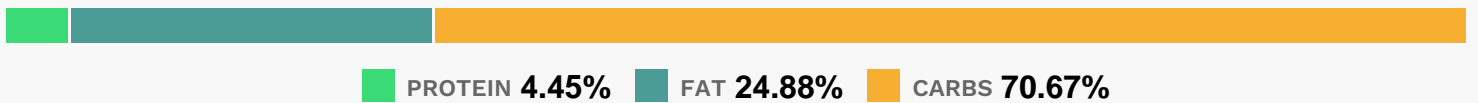
- bowl
- frying pan
- sauce pan
- oven
- wire rack
- blender
- cake form
- spatula
- colander

## Directions

- Preheat oven to 35
- Drain pineapple in a colander over a small saucepan, reserving juice.
- Cut 6 pineapple slices in half crosswise; reserve remaining pineapple slices for another use. Coat a 9-inch round cake pan with cooking spray. Coat bottom of pan with 1 tablespoon melted butter; sprinkle with brown sugar. Arrange pineapple, spoke-like, on top of brown sugar, working from center of pan to edge. Arrange cherries between pineapple slices.
- Sprinkle evenly with coconut, and set aside.
- Bring pineapple juice to a boil; cook 3 minutes or until reduced to 1/3 cup.
- Remove from heat; let cool.
- Combine softened butter and sugar in a large bowl, beating at medium speed of a mixer until well blended.
- Add egg, beating well.
- Combine flour, baking powder, and salt in a small bowl; stir well.

- Combine banana, milk, and vanilla in another bowl.
- Add dry ingredients to butter mixture, alternately with banana mixture, beginning and ending with dry ingredients.
- Pour batter into prepared pan.
- Bake at 350 for 35 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 5 minutes on a wire rack. Loosen cake from sides of pan, using a narrow metal spatula. Invert cake onto a serving plate. Poke holes in cake with a wooden pick; slowly drizzle with reduced pineapple juice.
- Cut into wedges, and serve warm.

## Nutrition Facts



### Properties

Glycemic Index:36.48, Glycemic Load:23.64, Inflammation Score:-4, Nutrition Score:6.6191304973934%

### Flavonoids

Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 324.21kcal (16.21%), Fat: 9.21g (14.18%), Saturated Fat: 2.57g (16.04%), Carbohydrates: 58.88g (19.63%), Net Carbohydrates: 56.68g (20.61%), Sugar: 41.11g (45.68%), Cholesterol: 23.84mg (7.95%), Sodium: 226.2mg (9.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.41%), Vitamin B1: 0.24mg (15.68%), Selenium: 9.76µg (13.94%), Folate: 44.73µg (11.18%), Vitamin B2: 0.17mg (9.85%), Manganese: 0.19mg (9.72%), Vitamin C: 7.51mg (9.1%), Fiber: 2.2g (8.79%), Calcium: 86.04mg (8.6%), Vitamin A: 413.14IU (8.26%), Iron: 1.47mg (8.16%), Vitamin B3: 1.46mg (7.3%), Copper: 0.14mg (7.02%), Phosphorus: 69.06mg (6.91%), Vitamin B6: 0.12mg (5.77%), Magnesium: 21.98mg (5.49%), Potassium: 188.98mg (5.4%), Vitamin B5: 0.27mg (2.66%), Vitamin E: 0.39mg (2.6%), Zinc: 0.38mg (2.54%), Vitamin B12: 0.1µg (1.73%)