



Pineapple Upside-Down Cake

 Vegetarian

READY IN



85 min.

SERVINGS



12

CALORIES



347 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 cup firmly brown sugar light packed
- 0.5 cup butter divided
- 2 egg whites
- 2 large eggs
- 1.5 cups flour all-purpose
- 1.3 cups granulated sugar
- 1 medium size pineapple cored peeled

- 0.3 teaspoon salt
- 1 pinch salt
- 0.5 cup cup heavy whipping cream sour
- 1 teaspoon vanilla extract

Equipment

- frying pan
- sauce pan
- oven
- knife
- wire rack
- hand mixer

Directions

- Preheat oven to 32
- Combine brown sugar, pinch of salt, and 1/4 cup butter in a heavy saucepan; cook over medium heat, stirring occasionally, 5 to 7 minutes or until mixture bubbles and sugar melts.
- Pour sugar mixture into a 10-inch cast-iron skillet.
- Cut pineapple crosswise into 6 (1/4-inch-thick) rings. Arrange pineapple rings in a single layer over brown sugar mixture.
- Beat remaining 1/4 cup butter and granulated sugar with an electric mixer at medium speed until creamy.
- Add eggs, 1 at a time, beating until blended after each addition. Stir in vanilla.
- Stir together flour, baking powder, and salt; add to butter mixture alternately with sour cream, beginning and ending with flour mixture. Beat batter at low speed until blended after each addition. Beat egg whites until stiff peaks form; fold into batter.
- Pour batter over pineapple slices.
- Bake at 325 for 40 to 45 minutes or until a wooden pick inserted in center comes out clean. Cool in skillet on a wire rack 10 minutes. Carefully run a knife around edge of cake to loosen. Invert onto a serving plate; spoon any topping in skillet over cake.

Nutrition Facts

PROTEIN 4.44% FAT 26.87% CARBS 68.69%

Properties

Glycemic Index:28.81, Glycemic Load:28.43, Inflammation Score:-4, Nutrition Score:9.0504347604254%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 346.9kcal (17.35%), Fat: 10.64g (16.37%), Saturated Fat: 6.12g (38.26%), Carbohydrates: 61.22g (20.41%), Net Carbohydrates: 59.74g (21.72%), Sugar: 46.49g (51.65%), Cholesterol: 56.99mg (19%), Sodium: 177.37mg (7.71%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Protein: 3.95g (7.91%), Vitamin C: 36.14mg (43.8%), Manganese: 0.82mg (41.16%), Selenium: 9.73µg (13.89%), Vitamin B1: 0.19mg (12.55%), Folate: 47.33µg (11.83%), Vitamin B2: 0.18mg (10.88%), Vitamin A: 384.81IU (7.7%), Iron: 1.28mg (7.11%), Vitamin B3: 1.35mg (6.73%), Calcium: 64.19mg (6.42%), Copper: 0.12mg (6.24%), Fiber: 1.48g (5.91%), Vitamin B6: 0.12mg (5.88%), Phosphorus: 57.77mg (5.78%), Potassium: 158.19mg (4.52%), Vitamin B5: 0.43mg (4.33%), Magnesium: 16.97mg (4.24%), Vitamin E: 0.37mg (2.45%), Zinc: 0.36mg (2.38%), Vitamin B12: 0.11µg (1.91%), Vitamin K: 1.41µg (1.34%), Vitamin D: 0.17µg (1.11%)