



Pineapple Upside-Down Cake

READY IN



60 min.

SERVINGS



8

CALORIES



725 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 20 ounce pineapple sliced canned
- 2 large eggs
- 2.5 cups flour all-purpose
- 2 cups granulated sugar
- 2 tablespoons juice reserved (drink the rest!)
- 1.3 cups brown sugar light packed
- 1 teaspoon salt
- 1 stick butter unsalted at room temperature

- 2 teaspoons vanilla extract
- 0.3 cup vegetable shortening
- 1.5 cups milk whole

Equipment

- bowl
- frying pan
- oven
- knife
- blender
- toothpicks

Directions

- Combine the flour, baking powder, salt, granulated sugar, 1/2 stick butter, the shortening, milk, eggs, vanilla and 2 tablespoons pineapple juice in a large bowl. Beat with a mixer on medium speed until well combined. (There will still be a few small lumps in the batter.) Set aside.
- Melt the remaining 1/2 stick butter in a 12-inch cast-iron skillet over medium heat; swirl to thoroughly coat the skillet.
- Sprinkle the brown sugar over the butter, making sure it's evenly distributed—you want the entire surface of the butter to be covered in brown sugar. Do not stir. As soon as the sugar dissolves, remove from the heat and layer the pineapple slices over the top. If desired, place maraschino cherries in the centers of the pineapple slices.
- Pour the batter evenly over the pineapple slices and gently spread to even out the top.
- Bake the cake 30 to 40 minutes, or until a toothpick inserted into the center comes out clean.
- Immediately run a knife around the edge of the cake, then put a plate upside down on top of the skillet. Carefully invert the skillet so the cake is turned onto the plate. It should come out pretty easily; if bits of cake stick to the skillet, use a small knife to patch it together.
- Let cool slightly before cutting into wedges. It's best served warm.
- Photograph by Yunhee Kim

Nutrition Facts



■ PROTEIN 4.13% ■ FAT 25.71% ■ CARBS 70.16%

Properties

Glycemic Index:39.48, Glycemic Load:57.83, Inflammation Score:-5, Nutrition Score:11.610434760218%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 725.18kcal (36.26%), Fat: 21.14g (32.53%), Saturated Fat: 10.17g (63.54%), Carbohydrates: 129.81g (43.27%), Net Carbohydrates: 127.82g (46.48%), Sugar: 98.42g (109.36%), Cholesterol: 82.36mg (27.45%), Sodium: 499.13mg (21.7%), Alcohol: 0.34g (100%), Alcohol %: 0.15% (100%), Protein: 7.64g (15.28%), Vitamin B1: 0.41mg (27.5%), Selenium: 19.12µg (27.32%), Folate: 81.69µg (20.42%), Calcium: 203.59mg (20.36%), Vitamin B2: 0.34mg (20.24%), Phosphorus: 156.15mg (15.62%), Manganese: 0.3mg (15.19%), Iron: 2.7mg (14.98%), Vitamin B3: 2.62mg (13.09%), Vitamin A: 530.07IU (10.6%), Copper: 0.17mg (8.3%), Vitamin C: 6.7mg (8.12%), Fiber: 1.99g (7.95%), Potassium: 274.34mg (7.84%), Magnesium: 30.52mg (7.63%), Vitamin B6: 0.14mg (6.8%), Vitamin D: 0.97µg (6.43%), Vitamin B5: 0.64mg (6.43%), Vitamin B12: 0.38µg (6.37%), Vitamin E: 0.91mg (6.08%), Vitamin K: 5.18µg (4.94%), Zinc: 0.72mg (4.83%)