



Pineapple Upside Down Cake

 Vegetarian

READY IN



95 min.

SERVINGS



10

CALORIES



570 kcal

DESSERT

Ingredients

- 0.8 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 cup brown sugar
- 0.5 cup butter
- 0.5 cup buttermilk
- 0.3 cup rum dark
- 3 eggs separated
- 2 cups flour

- 0.5 cup heavy cream
- 1 large pineapple cored sliced into 1/3-inch rings (10)
- 0.3 cup pineapple juice fresh
- 0.8 teaspoon salt
- 1.3 cups sugar
- 0.8 cup butter unsalted softened
- 1.5 teaspoons tahitian vanilla extract

Equipment

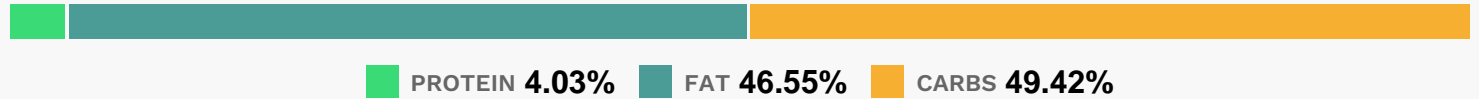
- bowl
- frying pan
- baking paper
- oven
- whisk
- cake form

Directions

- Combine butter and brown sugar in a 12-inch cast iron skillet and heat until bubbly.
- Add pineapple and caramelize to a deep golden brown, turning once.
- Remove from skillet and set aside.
- Pour rum and cream into a skillet and cook over low heat 5 minutes, until thickened, stirring constantly with a whisk.
- Remove from heat.
- Butter a 10-inch round cake pan and line with parchment paper. Arrange pineapple rings to cover bottom of pan.
- Pour cooled sauce over pineapple and set pan aside.
- Sift together flour, baking powder, soda and salt. Set aside
- In a large bowl cream butter and sugar until light and fluffy.
- Add egg yolks, one at a time, beating after each addition.

- Add vanilla.
- Combine pineapple juice and buttermilk. Alternately add sifted dry ingredients and juice/buttermilk mixture to creamed mixture (begin and end with dry ingredients.) Whip egg whites to soft peaks and fold into batter.
- Bake at 350 degrees about 1 hour, or until a tester comes out clean. Invert onto a serving platter.

Nutrition Facts



Properties

Glycemic Index:43.78, Glycemic Load:39.23, Inflammation Score:-7, Nutrition Score:13.093478233918%

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: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 569.82kcal (28.49%), Fat: 29.41g (45.24%), Saturated Fat: 18g (112.53%), Carbohydrates: 70.24g (23.41%), Net Carbohydrates: 68.28g (24.83%), Sugar: 47.93g (53.25%), Cholesterol: 124.88mg (41.63%), Sodium: 375.32mg (16.32%), Alcohol: 2.21g (100%), Alcohol %: 1.21% (100%), Protein: 5.73g (11.47%), Vitamin C: 43.92mg (53.24%), Manganese: 1.06mg (52.76%), Vitamin A: 1027.89IU (20.56%), Selenium: 14µg (20%), Vitamin B1: 0.29mg (19.09%), Folate: 71.34µg (17.84%), Vitamin B2: 0.27mg (16.03%), Iron: 1.82mg (10.12%), Vitamin B3: 2mg (9.98%), Phosphorus: 92.05mg (9.2%), Copper: 0.17mg (8.25%), Calcium: 79.34mg (7.93%), Fiber: 1.95g (7.82%), Vitamin B6: 0.15mg (7.74%), Vitamin E: 0.95mg (6.33%), Vitamin B5: 0.63mg (6.3%), Vitamin D: 0.87µg (5.77%), Potassium: 201.86mg (5.77%), Magnesium: 22.4mg (5.6%), Vitamin B12: 0.24µg (4%), Zinc: 0.57mg (3.8%), Vitamin K: 3.17µg (3.02%)