



Pineapple Upside-Down Cake

READY IN



130 min.

SERVINGS



10

CALORIES



522 kcal

DESSERT

Ingredients

- ☐ 1 pinch chile de arbol powder
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup buttermilk
- ☐ 165 grams cake flour
- ☐ 3 tablespoons rum dark
- ☐ 3 large eggs
- ☐ 5.3 ounces granulated sugar
- ☐ 300 grams granulated sugar

- ☐ 1 cup heavy cream
- ☐ 5.3 ounces pineapple fresh cored ripe peeled sliced coarsely chopped cut in 1/2
- ☐ 0.3 teaspoon sea salt fine
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 5 ounces butter unsalted at room temperature
- ☐ 0.5 vanilla pod
- ☐ 0.5 vanilla pod split
- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.5 cup water
- ☐ 0.8 cup cornmeal yellow fine

Equipment

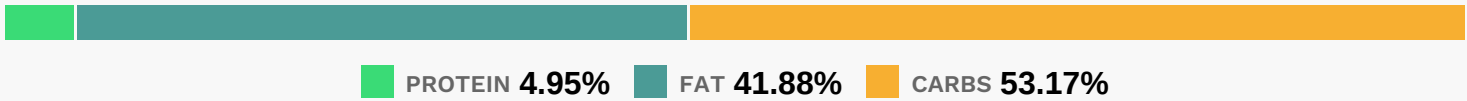
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ baking pan
- ☐ toothpicks
- ☐ aluminum foil
- ☐ stand mixer
- ☐ measuring cup

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.

- ☐ Put the chopped pineapple in a baking dish, cover with foil and roast in the oven until soft and lightly golden brown. Leave the oven at 350 degrees F.
- ☐ Put the sugar, vanilla bean and 1/2 cup of water in a medium saucepan and cook over high heat until it turns a light caramel.
- ☐ Add the chopped pineapple, cream, salt and arbol and cook until slightly reduced.
- ☐ Let cool for about 5 minutes before adding it to a blender.
- ☐ Remove the vanilla bean, then carefully transfer the mixture to a blender and blend until smooth. Strain through a medium mesh strainer into a bowl. Return the mixture to the saucepan and reduce it to a sauce consistency.
- ☐ Pour the caramel into a seasoned 10-inch cast iron pan and let cool slightly. Arrange the pineapple slices on top of the caramel and set aside.
- ☐ Cream the butter and sugar in the bowl of a stand mixer fitted with paddle attachment until light and fluffy, scraping down the sides and bottom of the bowl once.
- ☐ Add the eggs, 1 at a time, beating until each is incorporated.
- ☐ Whisk together the flour, cornmeal, baking soda, baking powder and salt in a bowl until combined.
- ☐ Whisk together the buttermilk, sour cream, rum, vanilla extract and vanilla seeds in a measuring cup. Alternate the dry and wet ingredients starting and ending with the flour and mix until just combined, scraping the sides and bottom of the bowl.
- ☐ Pour the batter over the pineapple in the cast iron pan and bake until the top is lightly golden brown and a toothpick inserted into the center comes out with a few moist crumbs attached, 30 to 40 minutes. Cool on a baking rack for 10 minutes, then invert onto a large platter.
- ☐ Let cool for 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:47.23, Glycemic Load:45.5, Inflammation Score:-5, Nutrition Score:7.367391285689%

Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 522.1kcal (26.11%), Fat: 24.25g (37.3%), Saturated Fat: 14.2g (88.75%), Carbohydrates: 69.26g (23.09%), Net Carbohydrates: 67.5g (24.55%), Sugar: 48.15g (53.51%), Cholesterol: 117.88mg (39.29%), Sodium: 224.03mg (9.74%), Alcohol: 1.71g (100%), Alcohol %: 1.22% (100%), Protein: 6.45g (12.91%), Selenium: 13.67µg (19.53%), Manganese: 0.36mg (17.81%), Vitamin A: 876.16IU (17.52%), Vitamin B2: 0.18mg (10.86%), Phosphorus: 108.07mg (10.81%), Vitamin C: 7.34mg (8.9%), Fiber: 1.75g (7.02%), Vitamin D: 1.05µg (7%), Vitamin B6: 0.14mg (6.75%), Magnesium: 24.5mg (6.13%), Calcium: 59.07mg (5.91%), Zinc: 0.87mg (5.77%), Vitamin E: 0.85mg (5.68%), Vitamin B5: 0.55mg (5.47%), Folate: 21.6µg (5.4%), Vitamin B1: 0.08mg (5.29%), Copper: 0.1mg (5.08%), Iron: 0.89mg (4.93%), Vitamin B12: 0.26µg (4.38%), Potassium: 145mg (4.14%), Vitamin B3: 0.59mg (2.97%), Vitamin K: 2.21µg (2.1%)