



Pineapple Upside-Down Cake

 Vegetarian

READY IN



91 min.

SERVINGS



8

CALORIES



934 kcal

DESSERT

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 2 cups lightly brown sugar light packed
- ☐ 0.5 cup buttermilk
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 cups granulated sugar
- ☐ 6 to 8 maraschino cherries
- ☐ 1 pineapple fresh

- ☐ 2 sticks butter unsalted room temperature
- ☐ 4 tablespoons butter unsalted
- ☐ 2 teaspoons vanilla extract pure
- ☐ 1 tablespoon water
- ☐ 1 quart yogurt gelato store-bought for serving

Equipment

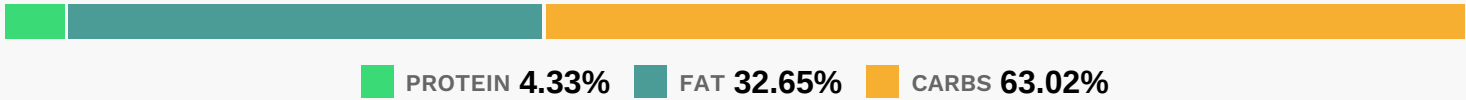
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ cake form
- ☐ stand mixer
- ☐ spatula

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Peel the pineapple and remove core. Slice into (1-inch) thick circles.
- ☐ In a small saucepan melt butter with 1 tablespoon of water and add light brown sugar. Stir well with a whisk over medium heat until the sugar is completely dissolved and you have a nice smooth caramel, about 3 to 4 minutes.
- ☐ Pour into a round 9 1/2-inch nonstick cake pan. Arrange pineapple circles evenly in the caramel, (1 in the center and 5 around the outside usually works), and press down so they are submerged in the caramel.
- ☐ Place 1 maraschino cherry in the center of each pineapple ring. Make the batter: Sift flour and baking powder together. In a stand mixer cream butter and granulated sugar until light and fluffy, about 4 minutes. With mixer on low, add eggs 1 at a time.
- ☐ Add half the buttermilk and vanilla then half the flour.
- ☐ Add remaining buttermilk and then remaining flour.
- ☐ Pour the batter into the cake pan over the caramel and pineapple.
- ☐ Spread out evenly with a rubber spatula.

Place the cake pan on a roasting tray to catch any caramel that may bubble over and bake in the oven for approx 1 hour. The cake should be nice and golden on top and puffed up slightly. When gently pressed in the center it should bounce back. Allow to cool slightly, (about 1 minute), before inverting onto a cake plate. Dust very lightly with confectioners' sugar and serve each slice with a scoop of yogurt gelato.

Nutrition Facts



Properties

Glycemic Index:43.22, Glycemic Load:61.51, Inflammation Score:-7, Nutrition Score:19.511304575464%

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: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 933.62kcal (46.68%), Fat: 34.73g (53.43%), Saturated Fat: 21.32g (133.27%), Carbohydrates: 150.82g (50.27%), Net Carbohydrates: 148.27g (53.92%), Sugar: 122.37g (135.97%), Cholesterol: 139.32mg (46.44%), Sodium: 242.28mg (10.53%), Alcohol: 0.34g (100%), Alcohol %: 0.1% (100%), Protein: 10.37g (20.75%), Vitamin C: 54.67mg (66.26%), Manganese: 1.31mg (65.61%), Calcium: 317.03mg (31.7%), Vitamin B2: 0.46mg (27.29%), Selenium: 19.02µg (27.18%), Vitamin B1: 0.38mg (25.53%), Folate: 94.06µg (23.52%), Vitamin A: 1157.56IU (23.15%), Phosphorus: 230.9mg (23.09%), Iron: 2.64mg (14.66%), Potassium: 462.73mg (13.22%), Vitamin B3: 2.6mg (13.01%), Vitamin B5: 1.2mg (12%), Copper: 0.23mg (11.72%), Vitamin B6: 0.23mg (11.45%), Vitamin B12: 0.68µg (11.3%), Magnesium: 43.93mg (10.98%), Fiber: 2.55g (10.2%), Zinc: 1.34mg (8.9%), Vitamin D: 1.09µg (7.28%), Vitamin E: 1.07mg (7.16%), Vitamin K: 3.73µg (3.55%)