



Pineapple Upside-Down Cake

READY IN



70 min.

SERVINGS



9

CALORIES



389 kcal

DESSERT

Ingredients

- 0.3 cup butter
- 0.7 cup brown sugar packed
- 9 slices pineapple rings drained (from 20-oz can)
- 9 maraschino cherries
- 1.3 cups flour all-purpose
- 1 cup granulated sugar
- 0.3 cup shortening
- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon salt

- 0.8 cup milk
- 1 eggs

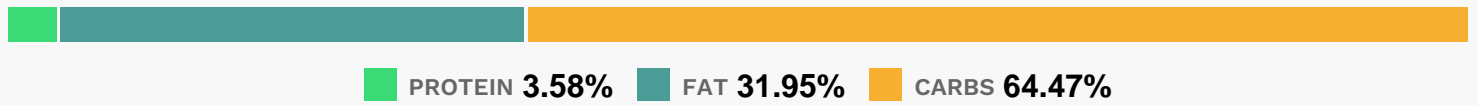
Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks

Directions

- Heat oven to 350°F. In 9-inch square pan, melt butter in oven.
- Sprinkle brown sugar evenly over melted butter. Arrange pineapple slices over brown sugar.
- Place cherry in center of each pineapple slice.
- In medium bowl, beat remaining ingredients with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on high speed 3 minutes, scraping bowl occasionally.
- Pour batter over pineapple and cherries.
- Bake 50 to 55 minutes or until toothpick inserted in center comes out clean. Immediately place heatproof serving plate upside down over pan; turn plate and pan over. Leave pan over cake a few minutes so brown sugar mixture can drizzle over cake; remove pan.
- Serve warm. Store cake loosely covered.

Nutrition Facts



Properties

Glycemic Index:36.12, Glycemic Load:26.27, Inflammation Score:-3, Nutrition Score:6.0317391934602%

Nutrients (% of daily need)

Calories: 388.61kcal (19.43%), Fat: 14.15g (21.76%), Saturated Fat: 5.71g (35.66%), Carbohydrates: 64.24g (21.41%), Net Carbohydrates: 62.85g (22.85%), Sugar: 48.96g (54.4%), Cholesterol: 34.18mg (11.39%), Sodium: 261.29mg

(11.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.13%), Vitamin B1: 0.22mg (14.51%), Selenium: 8.79µg (12.56%), Folate: 39.34µg (9.83%), Calcium: 96.78mg (9.68%), Vitamin B2: 0.16mg (9.41%), Iron: 1.33mg (7.39%), Phosphorus: 71.06mg (7.11%), Manganese: 0.14mg (7.04%), Vitamin B3: 1.3mg (6.49%), Vitamin C: 5.26mg (6.38%), Fiber: 1.39g (5.56%), Copper: 0.11mg (5.34%), Vitamin A: 247.17IU (4.94%), Vitamin K: 5.08µg (4.84%), Vitamin E: 0.7mg (4.65%), Magnesium: 17.48mg (4.37%), Potassium: 151.34mg (4.32%), Vitamin B6: 0.08mg (3.9%), Vitamin B5: 0.31mg (3.15%), Vitamin B12: 0.16µg (2.73%), Zinc: 0.36mg (2.39%), Vitamin D: 0.32µg (2.14%)