



Pineapple Upside-Down Cake

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



263 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 5 tablespoons butter
- 0.3 cup mrs richardson's butterscotch caramel sauce fat-free
- 2 large eggs
- 1.3 cups flour all-purpose
- 0.5 cup buttermilk low-fat
- 9 maraschino cherries drained

- 20 ounce pineapple rings drained canned
- 0.3 teaspoon salt
- 0.7 cup sugar
- 1 teaspoon vanilla extract

Equipment

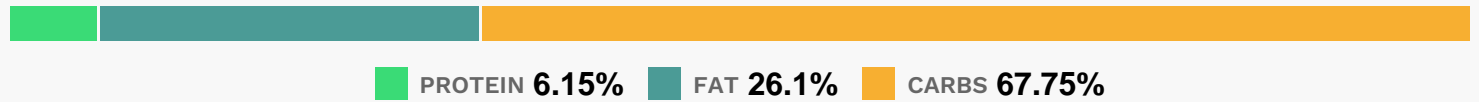
- bowl
- frying pan
- paper towels
- oven
- knife
- whisk
- wire rack
- baking pan
- microwave
- measuring cup

Directions

- Preheat oven to 35
- Press 9 pineapple slices between paper towels until barely moist; set aside. Reserve the remaining pineapple for another use.
- Coat a 9-inch square baking pan with cooking spray; drizzle caramel topping over bottom of pan. Arrange prepared pineapple slices in a single layer over caramel; place 1 cherry in the center of each slice.
- Place the butter in a large microwave-safe bowl. Cover and microwave at high 1 minute or until the butter melts.
- Add sugar, stirring with a whisk.
- Add eggs, and stir well. Stir in low-fat buttermilk and next 4 ingredients (buttermilk through baking soda). Lightly spoon 1 1/4 cups flour into dry measuring cups, and level with a knife.
- Add flour, stirring just until blended (do not overstir).

- Pour the batter into prepared pan.
- Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool for 1 minute in pan on a wire rack.
- Place a plate upside down on top of the cake, and invert onto plate. Cool completely.
- Cut cake into squares.

Nutrition Facts



Properties

Glycemic Index:31.9, Glycemic Load:20.04, Inflammation Score:-3, Nutrition Score:5.7826087112012%

Nutrients (% of daily need)

Calories: 262.87kcal (13.14%), Fat: 7.8g (12.01%), Saturated Fat: 4.47g (27.92%), Carbohydrates: 45.58g (15.19%), Net Carbohydrates: 44.13g (16.05%), Sugar: 31.27g (34.74%), Cholesterol: 58.59mg (19.53%), Sodium: 257.54mg (11.2%), Alcohol: 0.15g (100%), Alcohol %: 0.14% (100%), Protein: 4.13g (8.27%), Selenium: 10.1µg (14.43%), Vitamin B1: 0.21mg (14%), Vitamin B2: 0.18mg (10.36%), Folate: 41.21µg (10.3%), Vitamin C: 6.1mg (7.39%), Phosphorus: 72.07mg (7.21%), Iron: 1.26mg (7.02%), Calcium: 69.39mg (6.94%), Manganese: 0.13mg (6.42%), Vitamin B3: 1.23mg (6.13%), Vitamin A: 301.92IU (6.04%), Fiber: 1.45g (5.79%), Copper: 0.11mg (5.52%), Magnesium: 17.02mg (4.25%), Potassium: 141.66mg (4.05%), Vitamin B6: 0.08mg (3.95%), Vitamin B5: 0.31mg (3.08%), Zinc: 0.41mg (2.71%), Vitamin B12: 0.16µg (2.61%), Vitamin E: 0.33mg (2.22%), Vitamin D: 0.22µg (1.48%), Vitamin K: 1.16µg (1.1%)