



Pineapple Upside-Down Cake



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



191 kcal

DESSERT

Ingredients

- ☐ 0.3 cup tapioca/arrowroot flour
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup coconut oil melted plus more for brushing the pan
- ☐ 0.5 cup bob's mill garbanzo bean flour
- ☐ 0.3 teaspoon ground cardamom
- ☐ 1 tablespoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger

- ☐ 6.5 inch pineapple rings
- ☐ 0.5 cup potato flour
- ☐ 0.5 cup rice flour
- ☐ 1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 6 tablespoons apple sauce unsweetened
- ☐ 0.3 cup vanilla extract
- ☐ 0.3 cup water hot
- ☐ 0.5 teaspoon xanthan gum

Equipment

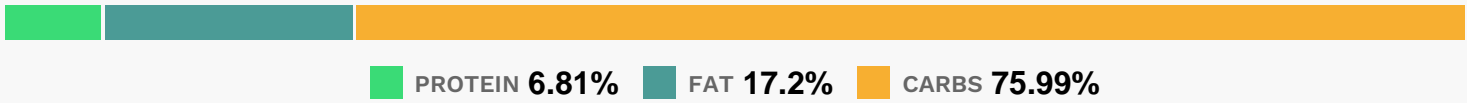
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ toothpicks
- ☐ cake form
- ☐ spatula

Directions

- ☐ Preheat the oven to 325°F. Line a 9-inch cake round with parchment paper and lightly coat with coconut oil.
- ☐ In a small bowl, whisk together the sugar and the 2 teaspoons cinnamon.
- ☐ Sprinkle the bottom of the cake pan with the cinnamon-sugar mix. Arrange the pineapple slices over it. Set aside.
- ☐ In a medium bowl, whisk together the flours, potato starch, arrowroot, cinnamon, ginger, baking powder, salt, xanthan gum, cardamom, and baking soda.

- ☐ Add the agave nectar, the 1/2 cup coconut oil, the applesauce, vanilla, and hot water. Stir with a rubber spatula until the batter is smooth.
- ☐ Pour the batter over the pineapple.
- ☐ Bake for 20 minutes, rotate, then continue baking until a toothpick inserted into the center comes out clean, about 20 minutes more.
- ☐ Let cool in the pan on a rack for 30 minutes. Run a knife along the pan’s edge and invert onto a serving plate.
- ☐ Reprinted with permission from Babycakes Covers the Classics by Erin McKenna, © 2011 Clarkson Potter
- ☐ Erin McKenna is the chef and owner of Baby
- ☐ add notes my notes
- ☐ edit my notes
- ☐ done

Nutrition Facts



Properties

Glycemic Index:51.01, Glycemic Load:14.97, Inflammation Score:-1, Nutrition Score:5.024782596075%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 191.29kcal (9.56%), Fat: 3.44g (5.29%), Saturated Fat: 2.36g (14.73%), Carbohydrates: 34.21g (11.4%), Net Carbohydrates: 31.57g (11.48%), Sugar: 9.61g (10.68%), Cholesterol: 0mg (0%), Sodium: 448.09mg (19.48%), Alcohol: 2.24g (100%), Alcohol %: 3.46% (100%), Protein: 3.07g (6.14%), Manganese: 0.54mg (27.14%), Fiber: 2.64g (10.56%), Folate: 36.47µg (9.12%), Calcium: 83.62mg (8.36%), Vitamin B6: 0.17mg (8.32%), Phosphorus: 75.12mg (7.51%), Magnesium: 25.36mg (6.34%), Copper: 0.12mg (5.94%), Potassium: 199.74mg (5.71%), Vitamin B1: 0.08mg (5.28%), Iron: 0.82mg (4.58%), Vitamin B3: 0.81mg (4.05%), Selenium: 2.43µg (3.47%), Zinc: 0.39mg (2.6%), Vitamin B5: 0.19mg (1.91%), Vitamin B2: 0.03mg (1.59%), Vitamin K: 1.08µg (1.03%)