



Pineapple Upside-Down Cake

 Dairy Free

READY IN



50 min.

SERVINGS



10

CALORIES



367 kcal

DESSERT

Ingredients

- ☐ 0.8 cup brown sugar packed
- ☐ 0.3 cup egg substitute
- ☐ 7 maraschino cherries with stems
- ☐ 0.3 cup butter reduced-calorie
- ☐ 0.3 cup pecans chopped
- ☐ 15.3 ounce pineapple rings sliced canned
- ☐ 0.3 cup water
- ☐ 18.3 ounce cake mix yellow reduced-fat

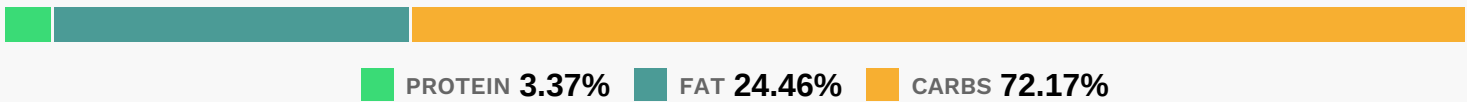
Equipment

- ☐ frying pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Melt margarine in a 10-inch cast-iron skillet over low heat. Set aside 1 tablespoon margarine.
- ☐ Add sugar and pecans to margarine in skillet, stirring well.
- ☐ Drain pineapple, reserving 1/3 cup juice. Discard remaining juice. Arrange pineapple over sugar mixture.
- ☐ Combine reserved 1 tablespoon margarine, 1/3 cup juice, cake mix, egg substitute, and water. Beat at low speed of an electric mixer 30 seconds. Beat at medium speed 2 minutes.
- ☐ Pour batter over pineapple in skillet.
- ☐ Bake at 350 for 35 minutes or until a wooden pick inserted in center comes out clean. Immediately invert cake onto a serving platter.
- ☐ Place cherries in centers of pineapple rings.

Nutrition Facts



Properties

Glycemic Index:1, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:6.7039130926132%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 367.2kcal (18.36%), Fat: 10.2g (15.69%), Saturated Fat: 2.33g (14.57%), Carbohydrates: 67.71g (22.57%), Net Carbohydrates: 66.07g (24.03%), Sugar: 46.19g (51.32%), Cholesterol: 0mg (0%), Sodium: 465.53mg (20.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.33%), Phosphorus: 180.3mg (18.03%), Calcium: 141.1mg (14.11%), Manganese: 0.27mg (13.68%), Vitamin B1: 0.2mg (13.04%), Folate: 39.34µg (9.84%), Vitamin B2: 0.16mg (9.37%), Iron: 1.54mg (8.56%), Copper: 0.14mg (7.12%), Vitamin B3: 1.39mg (6.96%), Fiber: 1.64g (6.57%), Selenium: 4.55µg (6.49%), Vitamin A: 309.39IU (6.19%), Vitamin E: 0.87mg (5.78%), Vitamin C: 4.15mg (5.03%), Vitamin B6: 0.1mg (4.77%), Magnesium: 18.89mg (4.72%), Potassium: 131.46mg (3.76%), Vitamin B5: 0.35mg (3.49%), Zinc: 0.42mg (2.81%), Vitamin K: 1.99µg (1.9%), Vitamin B12: 0.08µg (1.33%)