



Pineapple upside-down cake



Vegetarian



Popular

READY IN



55 min.

SERVINGS



6

CALORIES



412 kcal

DESSERT

Ingredients

- ☐ 50 g butter softened
- ☐ 50 g brown sugar light soft
- ☐ 7 pineapple rings in syrup drained
- ☐ 7 glacé cherries
- ☐ 100 g butter softened
- ☐ 100 g golden caster sugar
- ☐ 100 g self-raising flour
- ☐ 1 tsp double-acting baking powder

- ☐ 1 tsp vanilla extract
- ☐ 2 eggs

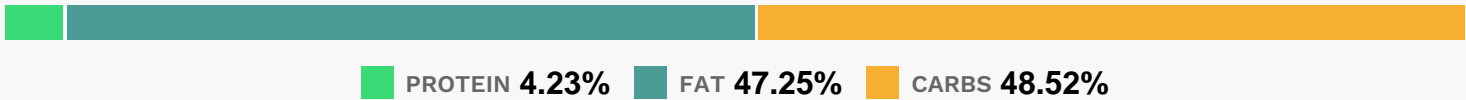
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ cake form

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ For the topping, beat 50g softened butter and 50g light soft brown sugar together until creamy.
- ☐ Spread over the base and a quarter of the way up the sides of a 20cm round cake tin. Arrange 7 pineapple rings on top (reserving the syrup for later), then place 7 glac cherries in the centres of the rings.
- ☐ Place 100g softened butter, 100g golden caster sugar, 100g self-raising flour, 1 tsp baking powder, 1 tsp vanilla extract and 2 eggs in a bowl along with 2 tbsp of the reserved pineapple syrup. Using an electric whisk, beat to a soft consistency.
- ☐ Spoon into the tin on top of the pineapple and smooth it out so its level.
- ☐ Bake for 35 mins. Leave to stand for 5 mins, then turn out onto a plate.
- ☐ Serve warm with a scoop of ice cream.

Nutrition Facts



Properties

Glycemic Index:43.17, Glycemic Load:8.03, Inflammation Score:-4, Nutrition Score:5.6878260114919%

Nutrients (% of daily need)

Calories: 412.18kcal (20.61%), Fat: 22.03g (33.9%), Saturated Fat: 13.36g (83.47%), Carbohydrates: 50.91g (16.97%), Net Carbohydrates: 49.6g (18.04%), Sugar: 36.11g (40.12%), Cholesterol: 108.31mg (36.1%), Sodium: 270.9mg (11.78%), Alcohol: 0.24g (100%), Alcohol %: 0.2% (100%), Protein: 4.44g (8.88%), Selenium: 11.94µg (17.05%), Vitamin A: 737.53IU (14.75%), Calcium: 93.23mg (9.32%), Manganese: 0.15mg (7.69%), Vitamin C: 6.25mg (7.58%), Phosphorus: 73.7mg (7.37%), Copper: 0.12mg (6.22%), Vitamin B2: 0.1mg (5.89%), Vitamin B1: 0.09mg (5.89%), Vitamin E: 0.81mg (5.43%), Fiber: 1.31g (5.23%), Iron: 0.86mg (4.78%), Magnesium: 18.94mg (4.74%), Vitamin B6: 0.09mg (4.61%), Potassium: 159.81mg (4.57%), Folate: 16.72µg (4.18%), Vitamin B5: 0.36mg (3.59%), Vitamin B12: 0.17µg (2.88%), Zinc: 0.43mg (2.85%), Vitamin K: 2.31µg (2.2%), Vitamin B3: 0.41mg (2.04%), Vitamin D: 0.29µg (1.96%)