



## Pineapple Upside Down Cake from DOLE®



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



219 kcal

DESSERT

### Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 8 maraschino cherries
- ☐ 2 tablespoons butter melted
- ☐ 20 ounce dole® pineapple canned
- ☐ 9 ounce duncan hines classic decadent cake mix yellow

### Equipment

- ☐ frying pan
- ☐ oven

- ☐ toothpicks
- ☐ cake form

## Directions

- ☐ Spray pan with non-stick cooking spray.
- ☐ Drain pineapple.
- ☐ Stir together melted margarine and brown sugar in 8-inch cake pan.
- ☐ Place pineapple slices in sugar mixture.
- ☐ Place cherry in center of each pineapple slice and in the center of the pan.
- ☐ Prepare cake mix according to the package directions.
- ☐ Pour cake batter evenly over pineapple.
- ☐ Bake at 350 degrees F, 25 to 30 minutes or until toothpick inserted in center comes out clean.
- ☐ Cool 5 minutes. Loosen edges and turn out onto serving platter.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:4.2060869647109%

## Nutrients (% of daily need)

Calories: 219.43kcal (10.97%), Fat: 3.79g (5.83%), Saturated Fat: 1.11g (6.93%), Carbohydrates: 46.19g (15.4%), Net Carbohydrates: 44.72g (16.26%), Sugar: 32.52g (36.14%), Cholesterol: 0mg (0%), Sodium: 268.02mg (11.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.18%), Phosphorus: 105.06mg (10.51%), Vitamin B1: 0.15mg (9.75%), Calcium: 88.09mg (8.81%), Vitamin C: 6.67mg (8.08%), Folate: 25.33µg (6.33%), Fiber: 1.46g (5.86%), Copper: 0.11mg (5.46%), Vitamin B2: 0.09mg (5.29%), Iron: 0.93mg (5.18%), Vitamin B3: 0.95mg (4.74%), Vitamin B6: 0.08mg (4.05%), Magnesium: 14.74mg (3.69%), Manganese: 0.07mg (3.3%), Potassium: 114.54mg (3.27%), Vitamin A: 162.88IU (3.26%), Vitamin E: 0.42mg (2.79%), Selenium: 1.33µg (1.9%), Vitamin K: 1.5µg (1.42%), Vitamin B5: 0.13mg (1.31%), Zinc: 0.17mg (1.15%)