



Pineapple Upside-Down Cake VII

READY IN



65 min.

SERVINGS



10

CALORIES



442 kcal

DESSERT

Ingredients

- 1.5 cups brown sugar
- 0.5 cup butter
- 20 ounce pineapple sliced canned
- 10 maraschino cherries
- 18.3 ounce duncan hines classic decadent cake mix white

Equipment

- frying pan
- oven

Directions

- Melt the butter over medium high heat in the iron skillet.
- Remove from the heat and sprinkle the brown sugar evenly to cover the butter. Next, arrange pineapple rings around the bottom of the pan, one layer deep.
- Place a maraschino cherry into the center of each pineapple ring. Prepare the cake mix as directed by the manufacturer, substitute some of the pineapple juice for some of the liquid in the directions.
- Pour the batter over the pineapple layer.
- Bake as directed by the cake mix directions. Cool for 10 minutes, then carefully turn out onto a plate. Do not let the cake cool too much or it will be stuck to the pan.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:6.1147826676783%

Nutrients (% of daily need)

Calories: 441.51kcal (22.08%), Fat: 11.19g (17.21%), Saturated Fat: 6.85g (42.81%), Carbohydrates: 85.39g (28.46%), Net Carbohydrates: 83.92g (30.52%), Sugar: 63.81g (70.9%), Cholesterol: 24.4mg (8.13%), Sodium: 441.53mg (19.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.14%), Phosphorus: 182.52mg (18.25%), Calcium: 155.19mg (15.52%), Vitamin B1: 0.17mg (11.38%), Folate: 39.72µg (9.93%), Iron: 1.43mg (7.92%), Vitamin B2: 0.13mg (7.53%), Selenium: 5.2µg (7.42%), Vitamin B3: 1.44mg (7.18%), Vitamin C: 5.33mg (6.46%), Manganese: 0.13mg (6.39%), Vitamin A: 314.24IU (6.28%), Copper: 0.13mg (6.26%), Fiber: 1.47g (5.86%), Vitamin E: 0.73mg (4.85%), Magnesium: 17.59mg (4.4%), Potassium: 150.05mg (4.29%), Vitamin B6: 0.07mg (3.56%), Vitamin K: 2.66µg (2.54%), Zinc: 0.33mg (2.19%), Vitamin B5: 0.21mg (2.11%)