



Pineapple Upside-Down Cakes

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



334 kcal

DESSERT

Ingredients

- ☐ 2 hamburger buns split
- ☐ 0.7 cup brown sugar light
- ☐ 4 pineapple fresh canned (or)
- ☐ 4 tablespoons butter unsalted

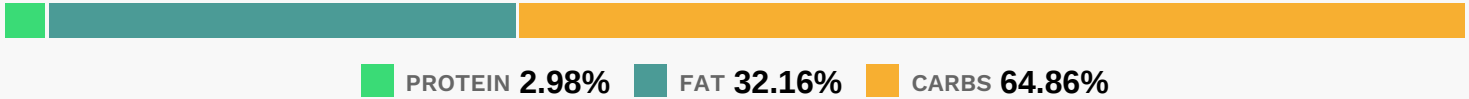
Equipment

- ☐ frying pan
- ☐ oven
- ☐ spatula

Directions

- ☐ Heat oven to 350 F. In a large ovenproof skillet, over medium heat, melt the butter.
- ☐ Add the sugar and cook, stirring constantly, for 1 minute for caramel sauce.
- ☐ Remove from heat. Arrange the pineapple slices in a single layer in the skillet. Top each slice with a bun half, cut-side down.
- ☐ Transfer to oven and bake for 30 minutes.
- ☐ Let cool for 5 minutes. With a spatula, invert each cake onto an individual plate and spoon any remaining caramel sauce over the top.
- ☐ Serve with the ice cream (if using).

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:6.44, Inflammation Score:-3, Nutrition Score:4.6682608956876%

Nutrients (% of daily need)

Calories: 333.9kcal (16.69%), Fat: 12.26g (18.86%), Saturated Fat: 7.38g (46.11%), Carbohydrates: 55.62g (18.54%), Net Carbohydrates: 54.49g (19.81%), Sugar: 45.27g (50.3%), Cholesterol: 30.1mg (10.03%), Sodium: 118.59mg (5.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.11%), Vitamin B1: 0.18mg (11.71%), Selenium: 6.66µg (9.51%), Vitamin A: 378.58IU (7.57%), Calcium: 73.87mg (7.39%), Manganese: 0.14mg (7.15%), Vitamin C: 5.64mg (6.83%), Iron: 1.16mg (6.45%), Folate: 23.85µg (5.96%), Vitamin B3: 1.11mg (5.53%), Copper: 0.1mg (5.19%), Vitamin B2: 0.08mg (4.74%), Fiber: 1.13g (4.51%), Magnesium: 17.08mg (4.27%), Potassium: 149.04mg (4.26%), Vitamin B6: 0.07mg (3.59%), Phosphorus: 30.53mg (3.05%), Vitamin E: 0.39mg (2.63%), Vitamin K: 2.41µg (2.3%), Zinc: 0.24mg (1.58%), Vitamin D: 0.21µg (1.4%), Vitamin B12: 0.07µg (1.11%)