



Pineapple Upside-Down Carrot Cake

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



423 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 0.7 cup firmly brown sugar packed
- ☐ 0.3 cup butter
- ☐ 1.5 cups carrots grated
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 cup granulated sugar

- ☐ 1 teaspoon ground cinnamon
- ☐ 7 maraschino cherries (without stems)
- ☐ 0.5 cup pecans finely chopped
- ☐ 20 oz pineapple in juice drained canned
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup vegetable oil

Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer
- ☐ cake form

Directions

- ☐ Preheat oven to 350
- ☐ Melt butter in a lightly greased 10-inch cast-iron skillet or a 9-inch round cake pan (with sides that are at least 2 inches high) over low heat.
- ☐ Remove from heat.
- ☐ Sprinkle with brown sugar. Arrange 7 pineapple slices in a single layer over brown sugar, reserving remaining pineapple slices for another use.
- ☐ Place 1 cherry in center of each pineapple slice.
- ☐ Beat granulated sugar, oil, and eggs at medium speed with an electric mixer until blended.
- ☐ Combine flour and next 4 ingredients; gradually add to sugar mixture, beating at low speed just until blended. Stir in carrots and pecans. Spoon batter over pineapple slices.
- ☐ Bake at 350 for 45 to 50 minutes or until a wooden pick inserted in center comes out clean. Cool in skillet on a wire rack 10 minutes. Carefully run a knife around edge of cake to loosen. Invert cake onto a serving plate, spooning any topping in skillet over cake.

Nutrition Facts



PROTEIN 4.11% **FAT 30.73%** **CARBS 65.16%**

Properties

Glycemic Index:43.62, Glycemic Load:27, Inflammation Score:-10, Nutrition Score:12.16869558977%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 423.16kcal (21.16%), Fat: 14.95g (23%), Saturated Fat: 4.91g (30.71%), Carbohydrates: 71.35g (23.78%), Net Carbohydrates: 68.41g (24.88%), Sugar: 56.04g (62.27%), Cholesterol: 61.75mg (20.58%), Sodium: 387.47mg (16.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.5g (9%), Vitamin A: 4296.17IU (85.92%), Manganese: 0.51mg (25.41%), Vitamin B1: 0.26mg (17.41%), Selenium: 10.16µg (14.51%), Fiber: 2.94g (11.77%), Folate: 44.48µg (11.12%), Copper: 0.22mg (10.88%), Vitamin B2: 0.18mg (10.54%), Vitamin C: 8.16mg (9.89%), Vitamin K: 9.64µg (9.18%), Iron: 1.63mg (9.04%), Phosphorus: 87.54mg (8.75%), Calcium: 84.88mg (8.49%), Vitamin B3: 1.48mg (7.38%), Potassium: 255.3mg (7.29%), Magnesium: 28.95mg (7.24%), Vitamin B6: 0.14mg (6.85%), Vitamin E: 0.8mg (5.36%), Zinc: 0.74mg (4.92%), Vitamin B5: 0.42mg (4.2%), Vitamin B12: 0.12µg (2.06%), Vitamin D: 0.25µg (1.67%)