



Pineapple Upside-Down Cornmeal Cake

 Vegetarian

READY IN



110 min.

SERVINGS



10

CALORIES



443 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 cup canola oil
- 8 ounces brown sugar dark
- 4.8 ounces flour all-purpose
- 1 cup coarse ground cornmeal
- 6 maraschino cherries
- 0.3 cup pecans toasted chopped
- 6 slices pineapple in heavy syrup canned

- 3 tablespoons juice from pineapple canned
- 0.5 teaspoon salt
- 5.8 ounces sugar
- 4 ounces butter unsalted
- 3 eggs whole
- 0.8 cup milk whole

Equipment

- frying pan
- oven
- whisk
- mixing bowl
- microwave

Directions

- Preheat oven to 350 degrees F.
- In a microwave-proof dish, bring the milk to a boil.
- Remove the milk from the microwave and add the cornmeal. Stir and let soak at room temperature for 30 minutes. Set aside.
- Melt the butter in a 10-inch cast iron skillet over medium heat. Once the butter has melted, add the brown sugar and stir until the sugar dissolves, about 5 minutes.
- Remove the skillet from the heat and carefully place 1 slice of pineapple in the center of the pan.
- Place the other 5 slices around the center slice in a circle.
- Place the cherries in the centers of the pineapple slices and sprinkle the nuts evenly over the fruit.
- Drizzle pineapple juice over top.
- Sift the flour, baking powder, and salt into a medium mixing bowl and whisk to combine.
- In a separate mixing bowl, whisk the eggs.
- Add the sugar to the eggs and whisk to combine.

- Add the canola oil and whisk.
- Add the cornmeal and milk mixture to the egg mixture and whisk to combine.
- Add this to the flour and stir just until combined.
- Pour the batter over the fruit in the skillet and bake for 40 to 45 minutes.
- Remove from oven and let cool for 30 minutes in the skillet. Set a platter on top of the skillet and carefully invert the cake.
- Serve.

Nutrition Facts

PROTEIN 5.18%

FAT 33.83%

CARBS 60.99%

Properties

Glycemic Index:35.36, Glycemic Load:26.27, Inflammation Score:-4, Nutrition Score:8.570869539095%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 443.28kcal (22.16%), Fat: 17.06g (26.25%), Saturated Fat: 7.16g (44.74%), Carbohydrates: 69.21g (23.07%), Net Carbohydrates: 66.41g (24.15%), Sugar: 46.22g (51.36%), Cholesterol: 75.68mg (25.23%), Sodium: 235.94mg (10.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.88g (11.76%), Manganese: 0.38mg (18.9%), Vitamin B1: 0.23mg (15.49%), Selenium: 10.7µg (15.29%), Phosphorus: 128.91mg (12.89%), Fiber: 2.8g (11.2%), Calcium: 111.91mg (11.19%), Vitamin B2: 0.19mg (10.97%), Iron: 1.8mg (10.02%), Folate: 39.52µg (9.88%), Magnesium: 36.46mg (9.12%), Vitamin B6: 0.18mg (8.96%), Copper: 0.17mg (8.5%), Vitamin A: 406.71IU (8.13%), Zinc: 1.06mg (7.08%), Vitamin B3: 1.4mg (6.99%), Vitamin E: 0.93mg (6.2%), Potassium: 207.36mg (5.92%), Vitamin B5: 0.5mg (5%), Vitamin C: 3.62mg (4.38%), Vitamin D: 0.64µg (4.24%), Vitamin B12: 0.24µg (3.93%), Vitamin K: 3µg (2.85%)