



Pineapple Upside-Down Cornmeal Cake

 Vegetarian

READY IN



110 min.

SERVINGS



10

CALORIES



431 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 6 slices pineapple canned
- 0.5 cup canola oil
- 1 cup brown sugar dark packed
- 1 cup flour all-purpose
- 0.8 cup granulated sugar
- 1 cup coarse-ground cornmeal
- 6 maraschino cherries

- 0.3 cup pecans toasted chopped
- 3 tablespoons pineapple syrup canned
- 0.5 teaspoon salt
- 8 tablespoons butter unsalted
- 3 eggs whole
- 0.8 cup milk whole

Equipment

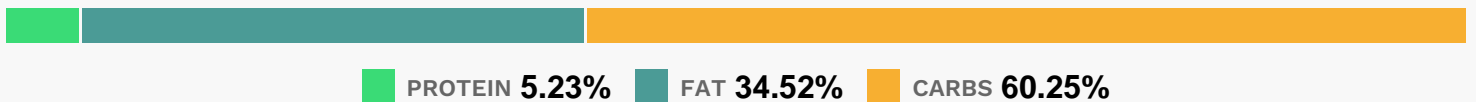
- frying pan
- oven
- whisk
- mixing bowl
- microwave

Directions

- Preheat oven to 350 degrees F.
- In a microwave-safe 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 2 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 the reserved pineapple syrup 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 35 to 45 minutes, or until a cake tester comes out clean.
- 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.

Nutrition Facts



Properties

Glycemic Index:35.36, Glycemic Load:24.83, Inflammation Score:-4, Nutrition Score:8.4213042984838%

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: 431.17kcal (21.56%), Fat: 16.93g (26.05%), Saturated Fat: 7.09g (44.28%), Carbohydrates: 66.51g (22.17%), Net Carbohydrates: 63.74g (23.18%), Sugar: 44.26g (49.18%), Cholesterol: 75.38mg (25.13%), Sodium: 235.7mg (10.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.55%), Manganese: 0.37mg (18.55%), Vitamin B1: 0.22mg (14.98%), Selenium: 10.36µg (14.79%), Phosphorus: 127.81mg (12.78%), Calcium: 111.16mg (11.12%), Fiber: 2.77g (11.09%), Vitamin B2: 0.18mg (10.68%), Iron: 1.75mg (9.74%), Folate: 37.74µg (9.44%), Magnesium: 36.19mg (9.05%), Vitamin B6: 0.18mg (8.93%), Copper: 0.17mg (8.41%), Vitamin A: 403.22IU (8.06%), Zinc: 1.05mg (7.03%), Vitamin B3: 1.34mg (6.7%), Vitamin E: 0.93mg (6.17%), Potassium: 205.36mg (5.87%), Vitamin B5: 0.49mg (4.94%), Vitamin C: 3.62mg (4.38%), Vitamin D: 0.63µg (4.22%), Vitamin B12: 0.24µg (3.92%), Vitamin K: 2.98µg (2.84%)