



## Pineapple Upside-Down Cupcakes

READY IN



38 min.

SERVINGS



38

CALORIES



113 kcal

DESSERT

### Ingredients

- 0.5 cup brown sugar packed
- 0.3 cup butter melted
- 4 eggs
- 3 oz jell-o lemon flavor gelatin
- 2 tsp lemon zest
- 12 maraschino cherries halved
- 0.7 cup oil
- 0.5 cup planters pecans chopped
- 16 oz pineapple tidbits in juice drained canned

- 1 cup water boiling
- 1 pkg duncan hines classic decadent cake mix yellow (2-layer size)

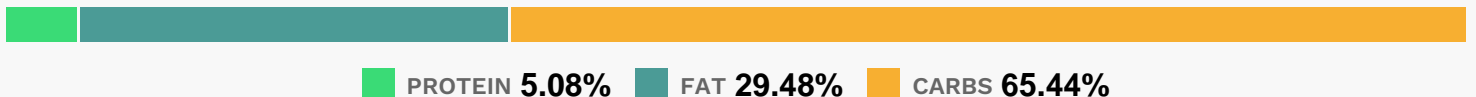
## Equipment

- bowl
- oven
- blender
- toothpicks
- muffin liners

## Directions

- Heat oven to 350F.
- Add boiling water to gelatin mix; stir 2 min. until completely dissolved. Cool 10 min.
- Meanwhile, mix sugar and butter in medium bowl; stir in pineapple and nuts.
- Place cherry half, cut side up, in center of each of 24 paper-lined muffin cups. Cover with pineapple mixture.
- Beat remaining ingredients in large bowl with mixer until blended.
- Add gelatin; mix well. Spoon over pineapple mixture in muffin cups. (Cups will almost be completely filled.)
- Bake 15 to 18 min. or until toothpick inserted in centers comes out clean. Cool in pans 10 min.; remove from pans to wire racks. Cool completely. Invert onto plates just before serving; remove paper liners.

## Nutrition Facts



## Properties

Glycemic Index:1.58, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.2204347563827%

## Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

## **Nutrients (% of daily need)**

Calories: 112.69kcal (5.63%), Fat: 3.77g (5.8%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 18.83g (6.28%), Net Carbohydrates: 18.32g (6.66%), Sugar: 13.01g (14.46%), Cholesterol: 20.44mg (6.81%), Sodium: 126.97mg (5.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.93%), Phosphorus: 59.48mg (5.95%), Manganese: 0.09mg (4.41%), Calcium: 38.13mg (3.81%), Vitamin B1: 0.05mg (3.62%), Vitamin B2: 0.06mg (3.43%), Folate: 12.47µg (3.12%), Selenium: 2.13µg (3.04%), Iron: 0.46mg (2.57%), Vitamin E: 0.37mg (2.45%), Copper: 0.05mg (2.44%), Fiber: 0.51g (2.02%), Vitamin B3: 0.37mg (1.86%), Vitamin B6: 0.03mg (1.58%), Vitamin C: 1.27mg (1.54%), Magnesium: 5.76mg (1.44%), Vitamin A: 69.79IU (1.4%), Vitamin B5: 0.14mg (1.39%), Zinc: 0.17mg (1.17%), Vitamin K: 1.23µg (1.17%), Potassium: 37.79mg (1.08%)