



Pineapple Upside-Down Cupcakes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



230 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 0.3 cup butter melted
- ☐ 1 eggs beaten
- ☐ 1 cup flour all-purpose
- ☐ 12 servings garnish: maraschino cherries
- ☐ 20 oz pineapple chunks drained canned

☐ 0.8 cup sugar

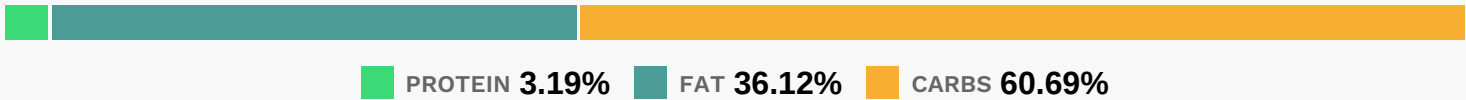
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Pat pineapple dry with paper towels. In a bowl, combine brown sugar and melted butter; divide evenly into 12 greased muffin cups. Arrange pineapple chunks over brown sugar mixture. In a bowl, combine flour, sugar and baking powder.
- ☐ Mix in softened butter and reserved pineapple juice; beat for 2 minutes. Beat in egg. Spoon batter over pineapple, filling each cup 3/4 full.
- ☐ Bake at 350 degrees for 30 minutes, or until a toothpick tests clean. Cool in pan for 5 minutes.
- ☐ Place a wire rack on top of muffin tin and invert cupcakes onto rack so pineapple is on top. Cool completely and top each with a cherry.

Nutrition Facts



Properties

Glycemic Index:28.09, Glycemic Load:14.52, Inflammation Score:-3, Nutrition Score:3.4652173726455%

Nutrients (% of daily need)

Calories: 230.31kcal (11.52%), Fat: 9.5g (14.62%), Saturated Fat: 5.81g (36.3%), Carbohydrates: 35.93g (11.98%), Net Carbohydrates: 34.87g (12.68%), Sugar: 27.13g (30.14%), Cholesterol: 37.36mg (12.45%), Sodium: 96.54mg (4.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.78%), Vitamin B1: 0.13mg (8.8%), Selenium: 5.11µg (7.31%), Vitamin A: 321.43IU (6.43%), Folate: 23.54µg (5.89%), Vitamin C: 4.44mg (5.38%), Vitamin B2: 0.08mg (4.96%), Iron: 0.77mg (4.29%), Fiber: 1.06g (4.22%), Copper: 0.08mg (3.96%), Manganese: 0.08mg (3.85%), Vitamin B3: 0.76mg (3.82%), Calcium: 31.51mg (3.15%), Phosphorus: 28.51mg (2.85%), Magnesium: 10.83mg (2.71%), Potassium: 86.9mg (2.48%), Vitamin B6: 0.05mg (2.47%), Vitamin E: 0.31mg (2.08%), Zinc: 0.19mg (1.29%), Vitamin B5: 0.12mg (1.25%), Vitamin K: 1.22µg (1.16%)