



Pineapple Upside Down Cupcakes

 Popular

READY IN



45 min.

SERVINGS



24

CALORIES



230 kcal

DESSERT

Ingredients

- ☐ 1.5 cups brown sugar
- ☐ 0.5 cup butter melted
- ☐ 20 ounce pineapple crushed canned
- ☐ 3 eggs
- ☐ 24 maraschino cherries
- ☐ 1.3 cups pineapple juice
- ☐ 0.3 cup vegetable oil
- ☐ 18.3 ounce pineapple cake mix duncan hines® such as Pineapple Supreme

Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Move an oven rack into the middle of the oven. Preheat oven to 350 degrees F (175 degrees C).
- ☐ Spray 24 muffin cups with cooking spray.
- ☐ Line a work surface with waxed paper.
- ☐ Spoon 1 teaspoon melted butter into the bottom of each sprayed muffin cup.
- ☐ Spoon 1 tablespoon brown sugar in each muffin cup.
- ☐ Press a maraschino cherry into the center of the brown sugar in each muffin cup.
- ☐ Spoon a heaping tablespoon of crushed pineapple over the cherry and compact it with the back of a spoon into an even layer.
- ☐ Mix pineapple cake mix, eggs, pineapple juice, and vegetable oil in a large bowl with electric mixer on low speed until moistened, about 30 seconds. Turn mixer speed to medium and mix for 2 minutes.
- ☐ Pour pineapple cake batter into the muffin cups, filling them to the top; do not overfill.
- ☐ Bake in the preheated oven until a toothpick inserted into the center of a cupcake comes out clean, about 20 minutes.
- ☐ Allow cupcakes to cool at least 5 minutes before inverting muffin cups onto the waxed paper to release.
- ☐ Serve with pineapple and cherry sides up.
- ☐ Sprinkle cupcakes lightly with confectioners' sugar.

Nutrition Facts



PROTEIN 3.09% **FAT 31.47%** **CARBS 65.44%**

Properties

Glycemic Index:4, Glycemic Load:0.77, Inflammation Score:-2, Nutrition Score:3.7965217647345%

Nutrients (% of daily need)

Calories: 230.36kcal (11.52%), Fat: 8.23g (12.67%), Saturated Fat: 3.49g (21.81%), Carbohydrates: 38.53g (12.84%), Net Carbohydrates: 37.8g (13.75%), Sugar: 29.05g (32.28%), Cholesterol: 30.63mg (10.21%), Sodium: 192.16mg (8.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.63%), Phosphorus: 88.08mg (8.81%), Calcium: 71.02mg (7.1%), Vitamin K: 6.78µg (6.45%), Manganese: 0.12mg (6.06%), Selenium: 3.87µg (5.53%), Vitamin B1: 0.08mg (5.39%), Folate: 21.5µg (5.37%), Vitamin B2: 0.08mg (4.78%), Vitamin C: 3.53mg (4.28%), Iron: 0.74mg (4.13%), Vitamin E: 0.61mg (4.08%), Copper: 0.07mg (3.47%), Vitamin A: 162.6IU (3.25%), Vitamin B3: 0.63mg (3.14%), Fiber: 0.73g (2.92%), Vitamin B6: 0.05mg (2.61%), Potassium: 87.77mg (2.51%), Magnesium: 9.68mg (2.42%), Vitamin B5: 0.18mg (1.81%), Zinc: 0.23mg (1.53%)