



## Pineapple Upside-Down Cupcakes

 Popular

READY IN



80 min.

SERVINGS



24

CALORIES



178 kcal

DESSERT

### Ingredients

- ☐ 0.3 cup butter
- ☐ 0.8 cup brown sugar packed
- ☐ 12 maraschino cherries cut in half
- ☐ 8 pineapple rings drained canned
- ☐ 1 box cake mix yellow
- ☐ 1 cup pineapple juice
- ☐ 0.3 cup vegetable oil
- ☐ 3 eggs

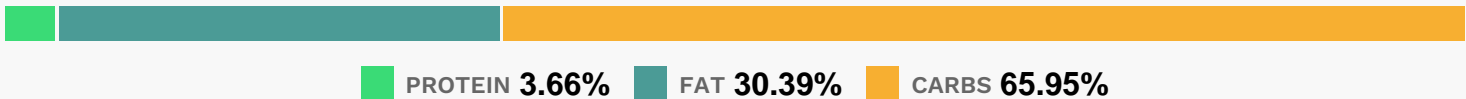
# Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

# Directions

- ☐ Heat oven to 350°F. Spray 24 nonstick regular-size muffin cups (2 3/4x1 1/4-inch) with cooking spray.
- ☐ In 1-quart sauce pan, melt butter. Stir in brown sugar.
- ☐ Place about 1 1/4 teaspoons brown sugar mixture in each cup; spread evenly in bottom of cup.
- ☐ Place cherry half cut side up in center of each cup.
- ☐ Cut each pineapple slice into 4 pieces.
- ☐ Place 2 pieces of pineapple around cherry in center; press lightly into mixture.
- ☐ In large bowl, beat cake mix, pineapple juice, oil and eggs with electric mixer on medium speed 2 minutes, scraping bowl occasionally. Divide batter evenly among muffin cups.
- ☐ Bake 19 to 23 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes. Run knife around edges of cupcakes to loosen; turn upside-down onto cookie sheet; cool about 20 minutes.
- ☐ Serve warm. Store loosely covered at room temperature.

# Nutrition Facts



# Properties

Glycemic Index:4, Glycemic Load:0.57, Inflammation Score:-1, Nutrition Score:3.3082608606504%

Nutrients (% of daily need)

Calories: 177.72kcal (8.89%), Fat: 6.11g (9.39%), Saturated Fat: 2.2g (13.76%), Carbohydrates: 29.81g (9.94%), Net Carbohydrates: 29.2g (10.62%), Sugar: 20.68g (22.97%), Cholesterol: 25.54mg (8.51%), Sodium: 182.25mg (7.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.31%), Phosphorus: 80.7mg (8.07%), Vitamin K: 6.57µg (6.26%), Calcium: 60.47mg (6.05%), Vitamin B1: 0.08mg (5.14%), Folate: 20.09µg (5.02%), Manganese: 0.1mg (4.85%), Vitamin B2: 0.08mg (4.81%), Iron: 0.69mg (3.83%), Vitamin E: 0.57mg (3.77%), Selenium: 2.53µg (3.62%), Vitamin C: 2.77mg (3.36%), Vitamin B3: 0.58mg (2.92%), Copper: 0.05mg (2.67%), Vitamin B6: 0.05mg (2.65%), Fiber: 0.61g (2.42%), Vitamin A: 99.91IU (2%), Magnesium: 7.61mg (1.9%), Potassium: 64.29mg (1.84%), Vitamin B5: 0.18mg (1.81%), Vitamin B12: 0.07µg (1.24%), Zinc: 0.17mg (1.13%)