



Pineapple Upside-Down Gingerbread Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



473 kcal

DESSERT

Ingredients

- ☐ 2 cups all purpose flour
- ☐ 1 teaspoon baking soda
- ☐ 2 tablespoons crystallized ginger minced
- ☐ 2 large eggs
- ☐ 0.5 cup brown sugar packed ()
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 1.5 teaspoons ground ginger

- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.8 cup mild-flavored molasses light ()
- ☐ 40 ounce pineapple chunks in heavy syrup dry with paper towels drained canned
- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup butter unsalted melted (1 stick)
- ☐ 1 tablespoon cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup whipping cream soft beaten
- ☐ 0.8 cup milk whole

Equipment

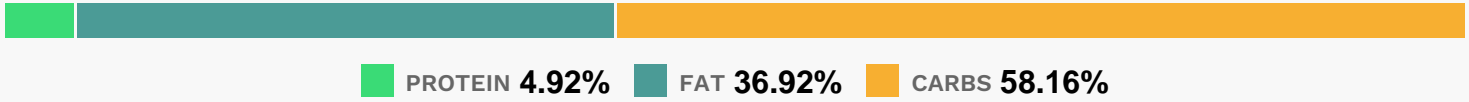
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350°F. Melt 1/4 cup butter in 10-inch-diameter cast-iron skillet or other heavy ovenproof skillet (preferably nonstick) over medium heat.
- ☐ Add 2/3 cup brown sugar and stir until mixture begins to form thick mass, about 4 minutes. Continue cooking, without stirring, until butter mixture spreads and covers bottom of skillet and bubbles appear all over surface, about 6 minutes longer.
- ☐ Remove skillet from heat. Arrange pineapple chunks close together in concentric circles atop sugar mixture in skillet.
- ☐ Sift first 8 ingredients into medium bowl. Using electric mixer, beat molasses, golden brown sugar, melted butter, eggs and vanilla extract in large bowl until well blended, about 2 minutes.
- ☐ Add half of dry ingredients, then whole milk, then remaining half of dry ingredients, beating until well blended after each addition. Beat in crystallized ginger.
- ☐ Spread batter evenly over pineapple in skillet.

- ☐
- Bake cake until tester inserted into center comes out clean, about 40 minutes. Cool cake in skillet 5 minutes. Run small knife around sides of skillet to loosen cake.
- ☐
- Place platter over cake in skillet; invert cake onto platter. Cool cake at least 1 hour.
- ☐
- Serve slightly warm or at room temperature with whipped cream.

Nutrition Facts



Properties

Glycemic Index:23.2, Glycemic Load:22.46, Inflammation Score:-7, Nutrition Score:13.473913068357%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 472.73kcal (23.64%), Fat: 19.86g (30.56%), Saturated Fat: 12.09g (75.55%), Carbohydrates: 70.41g (23.47%), Net Carbohydrates: 67.87g (24.68%), Sugar: 49.03g (54.47%), Cholesterol: 90.69mg (30.23%), Sodium: 327.58mg (14.24%), Alcohol: 0.14g (100%), Alcohol %: 0.07% (100%), Protein: 5.95g (11.9%), Manganese: 0.79mg (39.34%), Selenium: 18.06µg (25.8%), Magnesium: 93.71mg (23.43%), Vitamin B1: 0.34mg (22.86%), Potassium: 632.01mg (18.06%), Iron: 3.11mg (17.29%), Copper: 0.32mg (16.01%), Vitamin B2: 0.27mg (15.87%), Vitamin B6: 0.31mg (15.51%), Vitamin A: 774.78IU (15.5%), Folate: 57.83µg (14.46%), Calcium: 133.33mg (13.33%), Vitamin C: 10.82mg (13.11%), Vitamin B3: 2.14mg (10.69%), Phosphorus: 102.67mg (10.27%), Fiber: 2.54g (10.15%), Vitamin D: 0.95µg (6.35%), Vitamin B5: 0.63mg (6.26%), Zinc: 0.69mg (4.6%), Vitamin E: 0.65mg (4.32%), Vitamin B12: 0.25µg (4.09%), Vitamin K: 2.73µg (2.6%)