



Pineapple Upside-Down Gingerbread Cake

 Vegetarian

READY IN



5 min.

SERVINGS



8

CALORIES



488 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 1.5 cups firmly brown sugar light divided packed
- ☐ 0.8 cup butter divided
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 2 teaspoons ground ginger

- ☐ 0.5 cup blackstrap molasses
- ☐ 2 cups pineapple fresh coarsely chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup water hot

Equipment




- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ toothpicks

Directions

- ☐ Preheat oven to 35
- ☐ Melt 6 tablespoons butter in a 10-inch cast iron or heavy ovenproof skillet over medium heat. Tilt skillet to coat sides.
- ☐ Remove from heat, and stir in 1 cup brown sugar. Arrange pineapple on bottom of skillet; set aside.
- ☐ Stir together flour and next 5 ingredients in a large bowl. Set aside.
- ☐ Melt remaining 6 tablespoons butter in a small saucepan.
- ☐ Remove from heat, and stir in 1/2 cup hot water, molasses, and remaining 1/2 cup brown sugar.
- ☐ Whisk in egg.
- ☐ Add butter mixture gradually to flour mixture, stirring until well blended.
- ☐ Pour batter into prepared skillet.
- ☐ Bake 35 to 40 minutes or until a toothpick inserted in center comes out almost clean. Cool in pan 10 minutes. Invert cake onto a round platter. Scrape any sugar mixture left in skillet over cake.
- ☐ Serve warm or at room temperature.

Nutrition Facts



 **PROTEIN 2.98%**  **FAT 32.79%**  **CARBS 64.23%**

Properties

Glycemic Index:29.08, Glycemic Load:22.7, Inflammation Score:-6, Nutrition Score:11.587391379087%

Flavonoids

Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 487.76kcal (24.39%), Fat: 18.19g (27.98%), Saturated Fat: 11.19g (69.96%), Carbohydrates: 80.15g (26.72%), Net Carbohydrates: 78.71g (28.62%), Sugar: 59.93g (66.59%), Cholesterol: 69mg (23%), Sodium: 414.95mg (18.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.44%), Manganese: 1.14mg (57.04%), Vitamin C: 19.73mg (23.92%), Selenium: 14.65µg (20.94%), Magnesium: 67.5mg (16.87%), Vitamin B1: 0.23mg (15.28%), Iron: 2.74mg (15.2%), Folate: 54.4µg (13.6%), Potassium: 454.49mg (12.99%), Vitamin A: 590.48IU (11.81%), Vitamin B6: 0.23mg (11.48%), Copper: 0.21mg (10.58%), Calcium: 98.9mg (9.89%), Vitamin B2: 0.17mg (9.78%), Vitamin B3: 1.9mg (9.49%), Fiber: 1.43g (5.74%), Phosphorus: 55.34mg (5.53%), Vitamin B5: 0.54mg (5.37%), Vitamin E: 0.59mg (3.95%), Zinc: 0.41mg (2.75%), Vitamin K: 2.04µg (1.94%), Vitamin B12: 0.09µg (1.53%)