



Pineapple Upside-Down Layer Cake

READY IN



20 min.

SERVINGS



10

CALORIES



563 kcal

DESSERT

Ingredients

- ☐ 2.3 teaspoons double-acting baking powder
- ☐ 1 cup firmly brown sugar packed
- ☐ 0.8 cup butter divided softened
- ☐ 16 ounce pineapple crushed drained canned
- ☐ 2 large eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 1.5 cups granulated sugar
- ☐ 1.1 cups milk
- ☐ 0.5 cup pecans toasted chopped

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup shortening
- ☐ 1.5 teaspoons vanilla extract

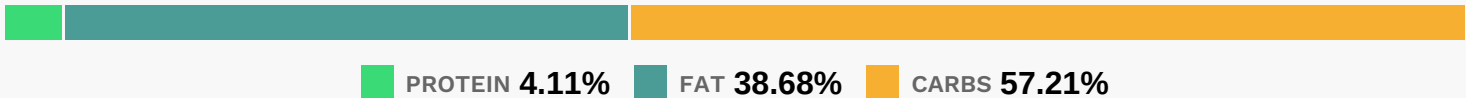
Equipment

- ☐ frying pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Melt 1/2 cup butter; pour evenly into 2 (9-inch) round cake pans.
- ☐ Sprinkle brown sugar evenly over butter. Top sugar in each pan evenly with pineapple and pecans. Set pans aside.
- ☐ Beat remaining 1/4 cup butter and shortening at medium speed with an electric mixer until fluffy. Gradually add granulated sugar, beating well.
- ☐ Add eggs, 1 at a time, beating until blended after each addition.
- ☐ Combine flour, baking powder, and salt; add to shortening mixture alternately with milk, beginning and ending with flour mixture. Beat at low speed until blended after each addition. Stir in vanilla. Spoon batter evenly over pineapple mixture in prepared pans.
- ☐ Bake at 350 for 40 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 10 minutes; invert onto wire racks to cool completely.
- ☐ Place 1 cake layer, pineapple side up, on a serving plate.
- ☐ Spread top with 1/2 cup Whipped Cream Frosting.
- ☐ Place remaining layer, pineapple side up, on top.
- ☐ Spread top and sides of cake with remaining Whipped Cream Frosting.

Nutrition Facts



Properties

Glycemic Index:33.51, Glycemic Load:37.21, Inflammation Score:-5, Nutrition Score:9.4013043486554%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 563.24kcal (28.16%), Fat: 24.75g (38.07%), Saturated Fat: 11.21g (70.06%), Carbohydrates: 82.36g (27.45%), Net Carbohydrates: 80.53g (29.28%), Sugar: 59.46g (66.07%), Cholesterol: 77.1mg (25.7%), Sodium: 295.37mg (12.84%), Alcohol: 0.21g (100%), Alcohol %: 0.14% (100%), Protein: 5.92g (11.84%), Manganese: 0.44mg (21.77%), Vitamin B1: 0.32mg (21.4%), Selenium: 14.11µg (20.16%), Folate: 60.26µg (15.06%), Vitamin B2: 0.25mg (14.74%), Calcium: 129.99mg (13%), Phosphorus: 119.51mg (11.95%), Iron: 2.01mg (11.17%), Vitamin A: 549.38IU (10.99%), Vitamin B3: 1.92mg (9.59%), Copper: 0.17mg (8.45%), Fiber: 1.83g (7.3%), Magnesium: 26.11mg (6.53%), Vitamin E: 0.92mg (6.15%), Potassium: 196.64mg (5.62%), Vitamin C: 4.32mg (5.23%), Vitamin B5: 0.5mg (5.04%), Vitamin B6: 0.1mg (5.01%), Zinc: 0.73mg (4.89%), Vitamin B12: 0.27µg (4.44%), Vitamin K: 4.61µg (4.39%), Vitamin D: 0.5µg (3.35%)