



## Pineapple Upside-Down Mini-Cakes

READY IN



85 min.

SERVINGS



12

CALORIES



401 kcal

SIDE DISH

### Ingredients

- 0.3 cup butter melted
- 0.8 cup brown sugar packed
- 24 pineapple rings drained canned
- 12 maraschino cherries drained
- 1 box cake mix yellow
- 1 cup pineapple juice
- 0.3 cup vegetable oil
- 3 eggs

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- hand mixer
- toothpicks
- muffin liners
- muffin tray

## Directions

- Heat oven to 350°F. Spray 12 nonstick jumbo muffin cups (3 1/2x1 3/4-inch) with cooking spray. In small bowl, mix melted butter and brown sugar. Spoon and spread about 1 tablespoonful in bottom of each cup.
- Place 1 pineapple slice in each cup; place 1 cherry in center of each pineapple slice.
- In large bowl, beat cake mix, 1 cup pineapple juice, the oil and eggs with electric mixer on medium speed 2 minutes, scraping bowl occasionally. Divide batter evenly among muffin cups.
- Bake 24 to 28 minutes or until golden brown and toothpick inserted in center comes out clean. Cool 5 minutes. Run knife around edges of cakes to loosen.
- Place cookie sheet upside down over each muffin pan; turn cookie sheet and muffin pan over.
- Remove pan; cool 30 minutes.
- Serve cakes warm. Store loosely covered at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:8, Glycemic Load:1.15, Inflammation Score:-3, Nutrition Score:8.2891304078309%

## Nutrients (% of daily need)

Calories: 401.04kcal (20.05%), Fat: 12.29g (18.91%), Saturated Fat: 4.41g (27.56%), Carbohydrates: 71.45g (23.82%), Net Carbohydrates: 69.25g (25.18%), Sugar: 52.19g (57.99%), Cholesterol: 51.09mg (17.03%), Sodium: 365.26mg (15.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.4%), Phosphorus: 166.73mg (16.67%), Vitamin B1: 0.23mg (15.46%), Vitamin C: 12.68mg (15.37%), Calcium: 133.11mg (13.31%), Vitamin K: 13.68µg (13.03%), Folate: 43.99µg (11%), Vitamin B2: 0.18mg (10.56%), Manganese: 0.19mg (9.69%), Copper: 0.19mg (9.41%), Iron: 1.59mg (8.83%), Fiber: 2.2g (8.79%), Vitamin B6: 0.16mg (8.15%), Selenium: 5.37µg (7.67%), Vitamin E: 1.15mg (7.64%), Vitamin B3: 1.39mg (6.93%), Magnesium: 26.62mg (6.66%), Potassium: 222.83mg (6.37%), Vitamin A: 237.82IU (4.76%), Vitamin B5: 0.36mg (3.63%), Zinc: 0.42mg (2.77%), Vitamin B12: 0.15µg (2.48%), Vitamin D: 0.22µg (1.47%)