



Pineapple Upside-Down Mini-Cakes

READY IN



60 min.

SERVINGS



12

CALORIES



328 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup brown sugar packed
- ☐ 0.3 cup butter melted
- ☐ 3 eggs
- ☐ 12 maraschino cherries
- ☐ 24 oz pineapple rings drained canned
- ☐ 1 cup pineapple rings canned (from cans of pineapple)
- ☐ 0.5 cup vegetable oil
- ☐ 1 box cake mix yellow

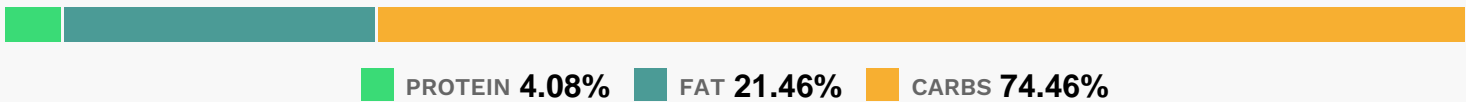
Equipment

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

Directions

- ☐ Heat oven to 350F.
- ☐ Place 1 teaspoon melted butter in each of 12 ungreased jumbo or large muffin cups.
- ☐ Add 1 tablespoon brown sugar to each muffin 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 low speed until moistened; beat 2 minutes on high speed. Divide batter evenly among muffin cups.
- ☐ Bake 30 to 35 minutes or until golden brown and cakes spring back with touched lightly in center. Cool cakes in cups 5 to 10 minutes.
- ☐ Place cookie sheet upside down over each muffin pan; turn cookie sheet and muffin pan over.
- ☐ Remove pan.
- ☐ Serve cakes warm.

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:6.3408695303875%

Nutrients (% of daily need)

Calories: 327.81kcal (16.39%), Fat: 7.99g (12.29%), Saturated Fat: 3.76g (23.49%), Carbohydrates: 62.35g (20.78%), Net Carbohydrates: 60.73g (22.09%), Sugar: 44.21g (49.12%), Cholesterol: 51.09mg (17.03%), Sodium: 364.44mg (15.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.83%), Phosphorus: 162.2mg (16.22%), Calcium: 123.8mg (12.38%), Vitamin B1: 0.18mg (11.83%), Vitamin B2: 0.17mg (9.79%), Folate: 38.34µg (9.58%), Vitamin C: 6.75mg (8.18%), Iron: 1.41mg (7.83%), Selenium: 5.18µg (7.4%), Copper: 0.13mg (6.47%), Fiber: 1.61g (6.44%), Vitamin B3: 1.23mg (6.13%), Vitamin B6: 0.11mg (5.59%), Vitamin K: 5.53µg (5.27%), Vitamin E: 0.79mg (5.25%), Manganese: 0.09mg (4.74%), Magnesium: 17.93mg (4.48%), Vitamin A: 215.72IU (4.31%), Potassium: 144.91mg (4.14%), Vitamin B5: 0.35mg (3.52%), Vitamin B12: 0.15µg (2.48%), Zinc: 0.35mg (2.34%), Vitamin D: 0.22µg (1.47%)