



Pineapple Upside-Down Nutty Spice Cake

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



534 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 14 tablespoons butter melted
- ☐ 1.5 cups brown sugar dark
- ☐ 1 eggs
- ☐ 1.3 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 5 maraschino cherries

- ☐ 0.5 cup milk
- ☐ 0.5 cup pineapple juice
- ☐ 12 ounces pineapple rings
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup walnuts chopped

Equipment

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

Directions

- ☐ Special equipment: 8-inch cast iron skillet
- ☐ Heat oven to 400 degrees F.
- ☐ In a cast iron skillet on medium heat add 6 tablespoons butter, the brown sugar and pineapple juice. Simmer for a few minutes until sugar dissolves then remove from heat. Arrange pineapple slices and cherries in sugar glaze filling in spaces with cherries.
- ☐ In a large bowl sift flour, baking powder, salt, cloves, cinnamon and sugar. In a smaller bowl whisk egg, milk, vanilla and remaining butter.
- ☐ Pour wet ingredients over dry and blend until just combined, fold in walnuts.
- ☐ Pour cake batter into the cast iron skillet.
- ☐ Bake for 25 to 30 minutes or until a toothpick inserted in the center comes out clean.
- ☐ Let rest for 5 minutes before turning out onto a platter.

Nutrition Facts



 **PROTEIN 3.15%**  **FAT 38.79%**  **CARBS 58.06%**

Properties

Glycemic Index:49.51, Glycemic Load:20.95, Inflammation Score:-5, Nutrition Score:7.9986956482348%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

Nutrients (% of daily need)

Calories: 533.5kcal (26.67%), Fat: 23.58g (36.27%), Saturated Fat: 13.31g (83.2%), Carbohydrates: 79.4g (26.47%), Net Carbohydrates: 77.85g (28.31%), Sugar: 62.22g (69.13%), Cholesterol: 74.96mg (24.99%), Sodium: 363.03mg (15.78%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 4.31g (8.62%), Manganese: 0.42mg (21.13%), Vitamin B1: 0.23mg (15.32%), Selenium: 9.8µg (13.99%), Calcium: 139.51mg (13.95%), Vitamin A: 691.27IU (13.83%), Folate: 47.86µg (11.97%), Vitamin B2: 0.17mg (10.09%), Iron: 1.72mg (9.56%), Phosphorus: 93.9mg (9.39%), Copper: 0.17mg (8.6%), Vitamin B3: 1.42mg (7.12%), Vitamin C: 5.52mg (6.7%), Magnesium: 25.61mg (6.4%), Fiber: 1.54g (6.18%), Potassium: 203.17mg (5.8%), Vitamin B6: 0.11mg (5.59%), Vitamin E: 0.69mg (4.62%), Vitamin B5: 0.34mg (3.4%), Zinc: 0.49mg (3.27%), Vitamin B12: 0.17µg (2.88%), Vitamin K: 2.45µg (2.33%), Vitamin D: 0.28µg (1.85%)