



Pineapple Upside-Down Pumpkin Gingerbread

READY IN



45 min.

SERVINGS



10

CALORIES



436 kcal

SIDE DISH

Ingredients

- ☐ 2 cups all purpose flour
- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 0.5 cup pumpkin pure canned
- ☐ 2 large eggs
- ☐ 0.7 cup brown sugar packed ()
- ☐ 1.3 teaspoons ground cinnamon
- ☐ 0.8 teaspoon ground ginger
- ☐ 0.5 cup mild-flavored molasses light ()

- ☐ 1 pineapple ripe peeled
- ☐ 2 tablespoons pineapple juice concentrate frozen thawed
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.5 cup butter unsalted room temperature (1 stick)
- ☐ 0.5 cup water boiling
- ☐ 10 servings whipped cream

Equipment

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

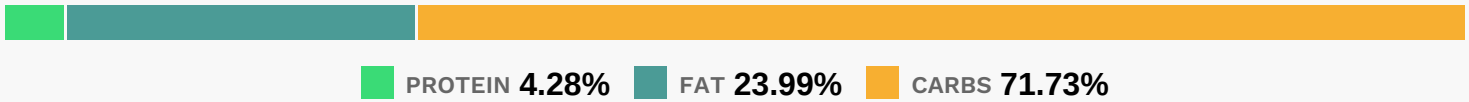
Directions

- ☐ Preheat oven to 350°F. Spray 9x9x2-inch metal baking pan with nonstick spray.
- ☐ Combine sugar, butter, pineapple juice concentrate, and molasses in heavy small saucepan. Bring to boil over medium heat, whisking until sugar dissolves and syrup is smooth; boil 1 minute.
- ☐ Pour evenly into prepared pan.
- ☐ Cut off one 1/3-inch-thick round from pineapple; cut out core.
- ☐ Place round in syrup in pan. Stand pineapple on end.
- ☐ Cut lengthwise into 1/3-inch-thick slices. Using 3 round cutters of different sizes, cut out rounds from pineapple slices, avoiding core. Arrange rounds close together in single layer in free-form design in syrup.
- ☐ Whisk first 6 ingredients in medium bowl. Beat butter in large bowl until fluffy.
- ☐ Add sugar and beat to blend. Beat in eggs, 1 at a time. Beat in molasses, then pumpkin. Beat in dry ingredients just until blended, occasionally scraping down sides of bowl. Beat in 1/2 cup

boiling water.

- ☐ Pour batter evenly into pan.
- ☐ Bake cake until tester inserted into center comes out clean, about 50 minutes. Cool cake in pan 45 minutes.
- ☐ Place platter over pan and invert.
- ☐ Let stand 5 minutes. Gently lift off pan.
- ☐ Serve cake warm or at room temperature with whipped cream.

Nutrition Facts



Properties

Glycemic Index:44.58, Glycemic Load:40.31, Inflammation Score:-9, Nutrition Score:16.419130522272%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 436.25kcal (21.81%), Fat: 11.97g (18.42%), Saturated Fat: 7.05g (44.04%), Carbohydrates: 80.56g (26.85%), Net Carbohydrates: 78.11g (28.4%), Sugar: 56.99g (63.33%), Cholesterol: 66.16mg (22.05%), Sodium: 449.16mg (19.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.61%), Manganese: 1.41mg (70.41%), Vitamin C: 44.08mg (53.44%), Vitamin A: 2338.63IU (46.77%), Selenium: 15.28µg (21.82%), Vitamin B1: 0.29mg (19.08%), Folate: 69.45µg (17.36%), Magnesium: 64.53mg (16.13%), Iron: 2.83mg (15.73%), Vitamin B6: 0.26mg (13.11%), Calcium: 130.5mg (13.05%), Potassium: 449.03mg (12.83%), Vitamin B2: 0.22mg (12.8%), Copper: 0.25mg (12.72%), Vitamin B3: 2.19mg (10.93%), Fiber: 2.46g (9.84%), Phosphorus: 90.38mg (9.04%), Vitamin B5: 0.69mg (6.93%), Vitamin E: 0.58mg (3.84%), Zinc: 0.54mg (3.57%), Vitamin K: 3.7µg (3.52%), Vitamin D: 0.39µg (2.63%), Vitamin B12: 0.13µg (2.09%)