



## Pineapple Upside-Down Rum Cake

READY IN



95 min.

SERVINGS



12

CALORIES



394 kcal

DESSERT

### Ingredients

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

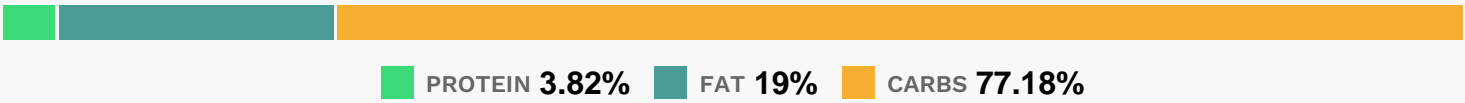
## Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks
- ☐ glass baking pan

## Directions

- ☐ Heat oven to 350°F. In 13x9-inch (3-quart) glass baking dish, melt butter in oven.
- ☐ Sprinkle brown sugar evenly over butter. Arrange pineapple slices in 4 rows by 3 rows over brown sugar.
- ☐ Place 1 cherry in center of each pineapple slice.
- ☐ In large bowl, beat cake mix, oil, eggs and 1 cup reserved pineapple juice with electric mixer on medium speed 2 minutes, scraping bowl occasionally.
- ☐ Pour batter over pineapple and cherries.
- ☐ Bake 35 to 40 minutes or until golden brown and toothpick inserted in center comes out clean. Immediately run knife around edges of baking dish to loosen cake. Cool 5 minutes.
- ☐ Place heatproof serving plate upside down onto baking dish; turn plate and dish over.
- ☐ Remove dish.
- ☐ Brush rum over warm cake. Cool 30 minutes.
- ☐ Serve warm or cool. Store loosely covered at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:5.42, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:7.3469564603723%

Nutrients (% of daily need)

Calories: 393.66kcal (19.68%), Fat: 8.03g (12.36%), Saturated Fat: 3.76g (23.51%), Carbohydrates: 73.41g (24.47%), Net Carbohydrates: 71.25g (25.91%), Sugar: 54.67g (60.75%), Cholesterol: 51.09mg (17.03%), Sodium: 366.25mg (15.92%), Alcohol: 3.34g (100%), Alcohol %: 1.97% (100%), Protein: 3.63g (7.27%), Phosphorus: 165.74mg (16.57%), Vitamin B1: 0.22mg (14.74%), Calcium: 134.36mg (13.44%), Vitamin C: 10.72mg (12.99%), Vitamin B2: 0.18mg (10.34%), Folate: 40.49µg (10.12%), Copper: 0.18mg (8.94%), Iron: 1.56mg (8.69%), Fiber: 2.16g (8.64%), Selenium: 5.4µg (7.72%), Vitamin B6: 0.15mg (7.27%), Vitamin B3: 1.35mg (6.77%), Magnesium: 24.67mg (6.17%), Potassium: 203.56mg (5.82%), Vitamin K: 5.83µg (5.55%), Vitamin E: 0.8mg (5.3%), Manganese: 0.1mg (4.98%), Vitamin A: 236.83IU (4.74%), Vitamin B5: 0.36mg (3.58%), Zinc: 0.4mg (2.66%), Vitamin B12: 0.15µg (2.48%), Vitamin D: 0.22µg (1.47%)