



Pineapple Upside-Down Salted Caramel Mini Bundt Cakes



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



107 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 tablespoons brown sugar packed
- ☐ 8 oz pineapple rings drained chopped canned
- ☐ 2 tablespoons pecans chopped
- ☐ 0.5 cup mrs richardson's butterscotch caramel sauce salted (from a jar)
- ☐ 1 tablespoon cranberries dried
- ☐ 0.3 cup granulated sugar

- ☐ 0.3 cup milk
- ☐ 1 tablespoon vegetable oil
- ☐ 1 teaspoon vanilla
- ☐ 1 eggs
- ☐ 1 serving sea salt flaked
- ☐ 0.8 cup frangelico

Equipment

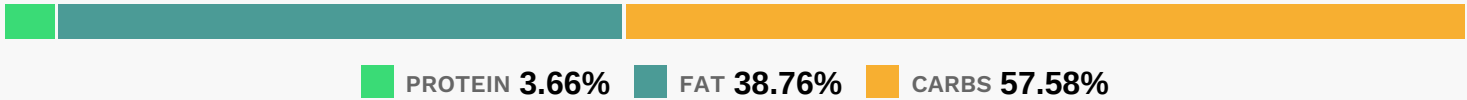
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ kugelhopf pan

Directions

- ☐ Heat oven to 350°F. Grease 12-cup mini bundt cake pan. I recommend this Mini Bundt Pan.
- ☐ Heat 8-inch skillet over high heat.
- ☐ Add butter, brown sugar and pineapple to skillet.
- ☐ Let pineapple sit undisturbed 1 to 2 minutes, then stir.
- ☐ Add pecans, cooking and stirring frequently 2 to 3 minutes. Once pineapple is slightly golden in color, remove pan from heat; add 1 rounded tablespoon salted caramel sauce and the cranberries. Stir to incorporate.
- ☐ Divide mixture evenly among cups of mini bundt cake pan. Set aside.
- ☐ In large bowl, beat Bisquick mix, granulated sugar, milk, oil, vanilla and egg with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 4 minutes, scraping bowl occasionally.
- ☐ Pour batter over pineapple and cranberries, filling cups half full.

- ☐
- Bake 20 to 25 minutes or until toothpick inserted in center comes out clean. Carefully loosen sides of cakes. Immediately place heatproof serving plate (or cookie sheet) upside down over pan; turn plate and pan over. Leave pan upside down for a few minutes so brown sugar/caramel mixture can drizzle over cakes. Then tap bottoms of cups to further loosen cakes from cups.
- ☐
- Remove pan. Cool at least 10 minutes before serving.
- ☐
- Drizzle each cake with remaining caramel sauce and a sprinkle of flaked sea salt.

Nutrition Facts



Properties

Glycemic Index:14.01, Glycemic Load:3.01, Inflammation Score:-1, Nutrition Score:1.6934782486895%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 106.69kcal (5.33%), Fat: 4.78g (7.36%), Saturated Fat: 1.69g (10.54%), Carbohydrates: 15.99g (5.33%), Net Carbohydrates: 15.52g (5.64%), Sugar: 15.44g (17.15%), Cholesterol: 19.27mg (6.42%), Sodium: 71.28mg (3.1%), Alcohol: 0.11g (100%), Alcohol %: 0.29% (100%), Protein: 1.02g (2.03%), Manganese: 0.09mg (4.33%), Vitamin K: 2.56µg (2.44%), Vitamin B1: 0.03mg (2.33%), Phosphorus: 22.77mg (2.28%), Copper: 0.05mg (2.26%), Vitamin C: 1.84mg (2.24%), Selenium: 1.56µg (2.23%), Vitamin A: 105.2IU (2.1%), Calcium: 19.53mg (1.95%), Fiber: 0.47g (1.89%), Vitamin B2: 0.03mg (1.89%), Magnesium: 6.69mg (1.67%), Vitamin E: 0.25mg (1.64%), Potassium: 53.58mg (1.53%), Vitamin B6: 0.03mg (1.42%), Vitamin B12: 0.08µg (1.35%), Vitamin B5: 0.11mg (1.12%), Zinc: 0.17mg (1.12%), Iron: 0.18mg (1.01%)