



Quick Pineapple Upside-Down Cake



Dairy Free



Popular

READY IN



60 min.

SERVINGS



8

CALORIES



278 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup butter
- ☐ 8 oz pineapple rings drained cut in half canned
- ☐ 1 eggs
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup water
- ☐ 1 teaspoon vanilla
- ☐ 2 tablespoons vegetable oil

☐ 1.5 cups baking mix original bisquick®

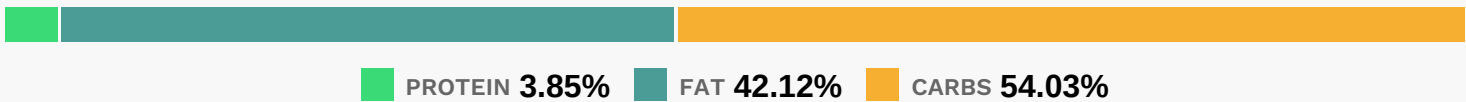
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. In 9-inch round pan or 8-inch square pan, melt butter in oven.
- ☐ Sprinkle brown sugar evenly over melted butter. Arrange pineapple slices in single layer over sugar mixture.
- ☐ Sprinkle with pecans.
- ☐ Place cherry in center of each pineapple slice (cherries with stems can be added after baking).
- ☐ In large bowl, beat remaining ingredients 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 cherries.
- ☐ Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Immediately place heatproof serving plate upside down over pan; turn plate and pan over. Leave pan over cake a few minutes so brown sugar mixture can drizzle over cake; remove pan. Cool at least 10 minutes before serving. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:8.73, Inflammation Score:-3, Nutrition Score:4.804782613464%

Nutrients (% of daily need)

Calories: 277.92kcal (13.9%), Fat: 13.17g (20.26%), Saturated Fat: 2.77g (17.31%), Carbohydrates: 38.01g (12.67%), Net Carbohydrates: 37.17g (13.52%), Sugar: 25.89g (28.77%), Cholesterol: 20.91mg (6.97%), Sodium: 364.92mg (15.87%), Alcohol: 0.17g (100%), Alcohol %: 0.21% (100%), Protein: 2.71g (5.42%), Phosphorus: 146.44mg (14.64%), Vitamin B1: 0.16mg (10.75%), Folate: 32.27µg (8.07%), Vitamin B2: 0.13mg (7.93%), Vitamin K: 7.93µg (7.55%), Vitamin A: 298.52IU (5.97%), Calcium: 56.35mg (5.63%), Vitamin B3: 1.12mg (5.59%), Selenium: 3.65µg (5.21%), Iron: 0.86mg (4.75%), Manganese: 0.08mg (4.2%), Vitamin E: 0.59mg (3.94%), Copper: 0.08mg (3.79%), Fiber: 0.84g (3.36%), Vitamin C: 2.75mg (3.33%), Vitamin B5: 0.3mg (2.98%), Magnesium: 11.58mg (2.89%), Potassium: 92.53mg (2.64%), Vitamin B6: 0.05mg (2.56%), Vitamin B12: 0.14µg (2.4%), Zinc: 0.24mg (1.6%)