



Rhubarb Pineapple Upside-Down Cake

 Dairy Free

READY IN



80 min.

SERVINGS



15

CALORIES



252 kcal

DESSERT

Ingredients

- 0.5 cup brown sugar packed
- 20 ounce pineapple with juice reserved crushed drained canned
- 2 cups marshmallows miniature
- 3 cups rhubarb chopped
- 3 ounce strawberry jell-o flavored
- 18.3 ounce duncan hines classic decadent cake mix white
- 0.5 cup sugar white

Equipment

- bowl
- frying pan
- oven
- baking pan
- toothpicks

Directions

- Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.
- In a medium bowl, mix together the pineapple, rhubarb, white sugar, brown sugar, gelatin, and marshmallows.
- Pour evenly in the bottom of the prepared pan. In the same bowl, prepare the cake mix according to package directions, substituting the reserved pineapple juice for the as much water in the recipe as you can. pour over the fruit, and spread evenly.
- Bake for 1 hour in the preheated oven, or until a toothpick inserted into the center of the cake comes out clean. Invert the cake onto a serving platter while still warm, or cut into pieces, and turn upside-down when serving.

Nutrition Facts



PROTEIN 3.7% **FAT 4.84%** **CARBS 91.46%**

Properties

Glycemic Index:9.57, Glycemic Load:8.02, Inflammation Score:-2, Nutrition Score:4.6573912993721%

Flavonoids

Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg

Nutrients (% of daily need)

Calories: 252.45kcal (12.62%), Fat: 1.4g (2.15%), Saturated Fat: 0.69g (4.33%), Carbohydrates: 59.43g (19.81%), Net Carbohydrates: 58.11g (21.13%), Sugar: 42.66g (47.4%), Cholesterol: 0mg (0%), Sodium: 274.26mg (11.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.81%), Phosphorus: 131.12mg (13.11%), Calcium: 109.09mg (10.91%), Vitamin K: 8.35µg (7.95%), Vitamin B1: 0.12mg (7.9%), Folate: 28.05µg (7.01%), Vitamin C: 5.51mg (6.67%), Manganese: 0.12mg (6.23%), Selenium: 4.01µg (5.72%), Vitamin B2: 0.09mg (5.52%), Fiber: 1.32g (5.27%), Vitamin

B3: 1.02mg (5.09%), Iron: 0.91mg (5.06%), Copper: 0.09mg (4.53%), Potassium: 149.15mg (4.26%), Magnesium: 13.3mg (3.32%), Vitamin E: 0.37mg (2.49%), Vitamin B6: 0.05mg (2.36%), Zinc: 0.23mg (1.51%), Vitamin B5: 0.13mg (1.33%)