



Skillet Pineapple Upside-Down Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



244 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 cup butter
- ☐ 20 ounce pineapple rings undrained canned
- ☐ 2 large eggs separated
- ☐ 0.8 cup flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.7 cup t brown sugar dark light packed
- ☐ 9 maraschino cherries

☐ 0.1 teaspoon salt

Equipment

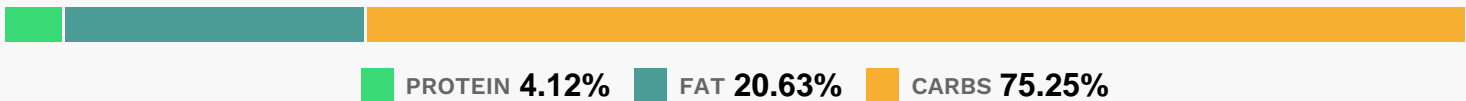
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Melt butter in a 9-inch cast-iron skillet.
- ☐ Spread brown sugar evenly over bottom of skillet.
- ☐ Drain pineapple, reserving 1/4 cup juice; set juice aside. Arrange pineapple slices in a single layer over brown sugar mixture, and place a cherry in center of each pineapple ring; set skillet aside.
- ☐ Beat egg yolks at medium speed with an electric mixer until thick and lemon-colored; gradually add granulated sugar, beating well.
- ☐ Heat reserved pineapple juice in a small saucepan over low heat. Gradually add juice mixture to the yolk mixture, beating until blended.
- ☐ Combine all-purpose flour, salt, and baking powder; add dry ingredients to the yolk mixture, beating at low speed with electric mixer until blended.
- ☐ Beat egg whites until stiff peaks form; fold egg whites into batter. Spoon batter evenly over pineapple slices.
- ☐ Bake at 325 for 45 to 50 minutes. Cool cake in skillet 30 minutes; invert cake onto a serving plate.
- ☐ Serve warm or cold with whipped cream or ice cream, if desired.
- ☐ Express Pineapple Upside-Down Cake: Follow original recipe directions for first 4 ingredients. Substitute 1 (9-ounce) package golden yellow cake mix for next 5 ingredients. Prepare cake mix according to package directions, substituting 1/2 cup pineapple juice for 1/2 cup water. Spoon batter over prepared pineapple slices as directed.
- ☐ Bake at 350 for 20 to 25 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Note: For testing purposes only, we used Jiffy Golden Yellow Cake

Mix.

Nutrition Facts



Properties

Glycemic Index:28.71, Glycemic Load:15.7, Inflammation Score:-2, Nutrition Score:4.0282608840777%

Nutrients (% of daily need)

Calories: 244.15kcal (12.21%), Fat: 5.77g (8.87%), Saturated Fat: 3.25g (20.32%), Carbohydrates: 47.33g (15.78%), Net Carbohydrates: 46.19g (16.8%), Sugar: 39.09g (43.44%), Cholesterol: 49.4mg (16.47%), Sodium: 106.15mg (4.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.19%), Selenium: 6.81µg (9.72%), Vitamin B1: 0.14mg (9.05%), Vitamin C: 5.33mg (6.46%), Vitamin B2: 0.11mg (6.39%), Folate: 25.01µg (6.25%), Iron: 0.92mg (5.13%), Copper: 0.1mg (4.79%), Fiber: 1.13g (4.54%), Vitamin A: 226.19IU (4.52%), Calcium: 43.96mg (4.4%), Phosphorus: 40.36mg (4.04%), Manganese: 0.08mg (3.87%), Vitamin B3: 0.74mg (3.7%), Vitamin B6: 0.07mg (3.5%), Magnesium: 13.44mg (3.36%), Potassium: 116.3mg (3.32%), Vitamin B5: 0.22mg (2.22%), Zinc: 0.27mg (1.83%), Vitamin E: 0.26mg (1.71%), Vitamin B12: 0.1µg (1.64%), Vitamin D: 0.2µg (1.33%)