



Sunday Brunch: Pineapple Upside-Down Cake

READY IN



65 min.

SERVINGS



4

CALORIES



904 kcal

Ingredients

- ☐ 1.5 cup flour
- ☐ 2 teaspoon double-acting baking powder
- ☐ 0.8 cup brown sugar
- ☐ 0.8 stick butter
- ☐ 0.8 stick butter room temperature
- ☐ 0.5 pineapple ripe peeled cut into pieces
- ☐ 0.5 cup pineapple juice
- ☐ 1 tablespoon royal icing (or whiskey or rum of preference)
- ☐ 1 pinch salt
- ☐ 1 cup sugar

☐ 1 teaspoon vanilla extract

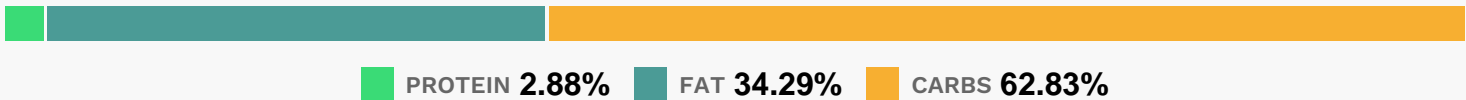
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ toothpicks
- ☐ spatula

Directions

- ☐ For Pineapple Topping: Butter 8x8 Pyrex dish and arrange pineapple slices in an overlapping circle (or as close as you can manage it). In small sauce pan melt butter, then add brown sugar and cook until sugar has dissolved, about 4 minutes.
- ☐ Pour sugar mixture over pineapple and reserve.
- ☐ Preheat oven to 350°F.
- ☐ Whisk flour, baking powder and salt together in a bowl and reserve. In a standing mixer combine butter and sugar and beat until light and soft.
- ☐ Add vanilla, crown royal, and pineapple juice to butter mixture and beat until combined. With mixer running on low, add flour mixture a spoonful at a time until everything is added and a batter forms.
- ☐ Spoon batter over pineapple and smooth with spatula.
- ☐ Bake until golden brown and a toothpick inserted in center comes out clean, about 45 minutes.
- ☐ Serve with more sliced pineapple and strong black coffee.

Nutrition Facts



Properties

Glycemic Index:110.44, Glycemic Load:70.79, Inflammation Score:-8, Nutrition Score:18.02304344851%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 903.72kcal (45.19%), Fat: 35.26g (54.24%), Saturated Fat: 21.89g (136.81%), Carbohydrates: 145.36g (48.45%), Net Carbohydrates: 142.45g (51.8%), Sugar: 104.28g (115.86%), Cholesterol: 93.03mg (31.01%), Sodium: 510.51mg (22.2%), Alcohol: 0.34g (100%), Alcohol %: 0.13% (100%), Protein: 6.67g (13.34%), Manganese: 1.55mg (77.46%), Vitamin C: 57.02mg (69.12%), Vitamin B1: 0.48mg (32.05%), Folate: 113.69µg (28.42%), Selenium: 18.61µg (26.58%), Vitamin A: 1129.37IU (22.59%), Calcium: 189.59mg (18.96%), Vitamin B3: 3.61mg (18.05%), Vitamin B2: 0.3mg (17.79%), Iron: 3.16mg (17.57%), Phosphorus: 124.57mg (12.46%), Copper: 0.24mg (11.9%), Fiber: 2.91g (11.65%), Vitamin B6: 0.21mg (10.32%), Magnesium: 33.5mg (8.37%), Potassium: 290.34mg (8.3%), Vitamin E: 1.06mg (7.05%), Vitamin B5: 0.59mg (5.92%), Zinc: 0.57mg (3.81%), Vitamin K: 3.99µg (3.8%), Vitamin B12: 0.12µg (2.06%)