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Small Pineapple Upside Down Blast

A delicious and indulgent dessert that combines the sweetness of pineapple with a moist cake base. This recipe is perfect for special occasions or when you want to treat yourself.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 40 mins

Total Time: 60 mins

Recipe Yield: 500 grams

Number of Servings: 8

Serving Size: 62 g

Ingredients

200 g	pineapple slices
100 g	maraschino cherries
100 g	Butter
150 g	Brown Sugar
200 g	All-Purpose Flour

10 g	Baking Powder
2 g	Salt
150 g	White sugar
2 pieces	Egg
2 tsp	vanilla extract
120 ml	Milk

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Melt the butter in a 9-inch (23 cm) round cake pan.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Sprinkling

Sprinkle the brown sugar evenly over the melted butter.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Arranging

Arrange the pineapple slices and maraschino cherries on top of the brown sugar.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Mixing

In a mixing bowl, combine the all-purpose flour, baking powder, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Mixing

In a separate bowl, cream together the white sugar and softened butter until light and fluffy.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Mixing

Beat in the eggs one at a time, then stir in the vanilla extract.

Prep Time: 3 mins

Cook Time: 0 mins

Step 8

Mixing

Add the dry ingredients to the creamed mixture alternately with the milk, beginning and ending with the dry ingredients.

Prep Time: 5 mins

Cook Time: 0 mins

Step 9

Pouring

Pour the batter over the pineapple and cherries in the cake pan.

Prep Time: 2 mins

Cook Time: 0 mins

Step 10

Oven

Bake in the preheated oven for 40 minutes, or until a toothpick inserted into the center of the cake comes out clean.

Prep Time: 0 mins

Cook Time: 40 mins

Step 11

Cooling

Allow the cake to cool in the pan for 10 minutes, then invert onto a serving plate to cool completely.

Prep Time: 10 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 4 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	2 g	5.26%	8%
Sugars	30 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	10 g	35.71%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	1 mcg	6.67%	6.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%
Potassium	150 mg	4.41%	5.77%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Game Day

Cuisines

Italian

Chinese

Meal Type

Lunch

Dinner

Course

Desserts

Difficulty Level

Easy

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