

# Cranberry Pineapple Upside Down Cake

*Sherry Conley - Noel Hants County, NS  
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## Servings: 15

*1 cup packed brown sugar  
1/2 cup butter, melted  
1 can (20 ounce) sliced pineapple,  
drained*

*1 cup fresh or frozen cranberries  
CAKE*

*1 cup butter, softened*

*1 1/4 cups sugar*

*2 eggs*

*1 teaspoon vanilla extract*

*2 cups all-purpose flour*

*2 teaspoons baking powder*

*1 teaspoon salt*

*1 teaspoon ground cinnamon*

*1/2 teaspoon ground allspice*

*3/4 cup sour cream*

*1 cup fresh or frozen cranberries,  
halved*

*sweetened whipped cream (optional)*

## Preparation Time: 20 minutes

### Bake: 50 minutes

Preheat the oven to 350 degrees.

In a small bowl, mix the brown sugar and butter. Spread onto the bottom of a greased 13x9-inch baking pan. Top the brown sugar mixture with pineapple slices. Place a whole cranberry in the center of each pineapple slice. Sprinkle the remaining cranberries around the pineapple slices.

For the cake: In a large bowl, cream the butter and sugar until light and fluffy. Add the eggs, one at a time, beating well after each addition. Beat in the vanilla.

In another bowl, whisk the flour, baking powder, salt, cinnamon and allspice. Add to the creamed mixture alternately with the sour cream, beating well after each addition. Fold in the cranberries. Spoon over the pineapple.

Bake for 50 to 60 minutes or until a toothpick inserted in the center comes out clean. Cool for 10 minutes. Invert onto a serving plate.

Serve warm. If desired, top with whipped cream.

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Per Serving (excluding unknown items): 379 Calories; 22g Fat (50.5% calories from fat); 3g Protein; 45g Carbohydrate; 1g Dietary Fiber; 83mg Cholesterol; 416mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 4 Fat; 2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	379	Vitamin B6 (mg):	trace
% Calories from Fat:	50.5%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	46.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.2%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	22g	Folacin (mcg):	31mcg
Saturated Fat (g):	13g	Niacin (mg):	1mg
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	1
Cholesterol (mg):	83mg	% Daily Value:	0.0%
Carbohydrate (g):	45g		
Dietary Fiber (g):	1g		
Protein (g):	3g		
Sodium (mg):	416mg		
Potassium (mg):	102mg		
Calcium (mg):	77mg		
Iron (mg):	1mg		
Zinc (mg):	trace		
Vitamin C (mg):	trace		
Vitamin A (i.u.):	818IU		
Vitamin A (r.e.):	208 1/2RE		

## Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	4
Other Carbohydrates:	2

## Nutrition Facts

Servings per Recipe: 15

### Amount Per Serving

Calories 379                      Calories from Fat: 191

### % Daily Values\*

<b>Total Fat</b> 22g	33%
Saturated Fat 13g	66%
<b>Cholesterol</b> 83mg	28%
<b>Sodium</b> 416mg	17%
<b>Total Carbohydrates</b> 45g	15%
Dietary Fiber 1g	2%
<b>Protein</b> 3g	
<b>Vitamin A</b>	16%
<b>Vitamin C</b>	0%
<b>Calcium</b>	8%
<b>Iron</b>	8%

\* Percent Daily Values are based on a 2000 calorie diet.