

Dessert

Pineapple Upside-Down Cake II

Southern Living Test Kitchen

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Servings: 12

Preparation Time: 35 minutes

Start to Finish Time: 1 hour 25 minutes

1 cup light brown sugar, firmly packed

pinch of salt

1/2 cup butter, divided

1 medium pineapple, peeled and cored

1 1/4 cups granulated sugar

2 large eggs

1 teaspoon vanilla extract

1 1/2 cups all-purpose flour

1 teaspoon baking powder

1/4 teaspoon salt

1/2 cup sour cream

2 egg whites

Preheat the oven to 325 degrees.

In a heavy saucepan, combine the brown sugar, salt and 1/4 cup of butter. Cook over medium heat, stirring occasionally, for 5 to 7 minutes or until the mixture bubbles and the sugar melts. Pour the sugar mixture into a 10-inch cast-iron skillet.

Cut the pineapple crosswise into six (1/4-inch-thick) rings. Arrange the pineapple rings in a single layer over the brown sugar mixture.

Beat the remaining 1/4 cup of butter and the granulated sugar with an electric mixer at MEDIUM speed until creamy.

Add the eggs, one at a time, beating until blended after each addition. Stir in the vanilla.

In a bowl, stir together the flour, baking powder and salt. Add to the butter mixture alternately with the sour cream, beginning and ending with the flour mixture. Beat the batter at LOW speed until blended after each addition.

Beat the egg whites until stiff peaks form. Fold into the batter. Pour the batter over the pineapple slices.

Bake for 40 to 45 minutes or until a wooden pick inserted into the center comes out clean.

Cool in the skillet on a wire rack for 10 minutes. Carefully run a knife around the edge of the cake to loosen.

Invert onto a serving plate. Spoon any topping in the skillet over the cake.

Per Serving (excluding unknown items): 307 Calories; 11g Fat (31.1% calories from fat); 4g Protein; 50g Carbohydrate; 1g Dietary Fiber; 60mg Cholesterol; 195mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 2 Fat; 2 Other Carbohydrates.