

LYONS
**THICK
& EASY®**

Pineapple Upside Down Cake





Pineapple Upside Down Cake

IDDSI LEVELS    



INGREDIENTS

	1 Serving	8 Servings	16 Servings
Pan Size	Muffin cups	Muffin cups	Muffin cups
THICK & EASY® Texture Modified Bread and Dessert Mix Item: 118519	2 Tbsp	1/2 bag (about 1 cup)	1 bag
Sugar	1/2 tsp	1 Tbsp + 1 tsp	2 Tbsp + 2 tsp
Vanilla extract	1/8 tsp	1 tsp	2 tsp
Vegetable oil	1/2 Tbsp	4 Tbsp	8 Tbsp
Pineapple juice, hot	1/4 cup	2 cups	1 quart
THICK & EASY® Shaped Pureed Pineapple - IDDSI Level 4 (thawed) Item: 28170	1 portion	8 portions	16 portions
Seedless strawberry jam or jelly	1 tsp	2 Tbsp + 2 tsp	1/3 cup
Caramel syrup	For garnish	For garnish	For garnish

NUTRITION

Serving Size:
1 portion
Calories: 260
Total Fat: 9g
Saturated Fat: 1g
Trans Fat: 0g
Cholesterol: 0mg
Sodium: 100mg
Total Carbs: 47g
Dietary Fiber: 1g
Total Sugars: 34g
Added Sugars: 17g
Protein: 2g
Vitamin D: 0% DV
Calcium: 4% DV
Iron: 0% DV
Potassium: 0% DV

DIRECTIONS

1. Lightly spray muffin cups with non-stick cooking spray or line with plastic wrap.
 2. Combine sugar and **THICK & EASY® Texture Modified Bread and Dessert Mix**; stir well.
 3. Add oil to bread mix and stir until mixture resembles wet sand.
 4. Add vanilla extract to hot pineapple juice add to bread mixture. Stir briskly until mixture starts to thicken.
 5. Portion into muffin cups using a #20 scoop and spread evenly.
 6. Cover and allow to rest at room temperature or in refrigerator for a minimum of 30 minutes
 7. Carefully remove prepared cakes from muffin cups and place on a serving dish.
 8. Press top of cake gently to flatten.
 9. Carefully place one thawed **THICK & EASY® Pureed Shaped Pineapple** portion on top of each cake.
 10. Portion one teaspoon of strawberry jam or jelly into the center of the pineapple portion.
 11. Garnish with a drizzle of caramel syrup.
- *Note: One portion contains approximately one #20 scoop (about 1/4 cup) cake, one 2.5 oz pineapple portion and 1 tsp strawberry jam*