


**THICK
& EASY®**

Pineapple Upside Down Cake





Pineapple Upside Down Cake

IDDSI LEVELS 4 5 6 7



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