Upside-Down Pineapple-Applesauce Cake

PER SERVING (1/8th of cake, 1 slice): 190 calories, 3.5g fat, 298mg sodium, 39g carbs, 0.5g fiber, 26.5g sugars, 1.5g protein

Ingredients
Topping
1 tbsp. light whipped butter or light buttery spread
1/4 cup brown sugar (not packed)
7 pineapple rings packed in juice, drained
7 maraschino cherries

Cake
Half of an 18.25-oz. box (about 1 1/2 cups) moist-style yellow cake mix
1 1/2 tsp. baking powder
1/2 cup club soda
1/4 cup no-sugar-added applesauce

Directions
Preheat oven to 350 degrees. Spray a round cake pan with nonstick spray and set aside.

Place butter in a small microwave-safe bowl and microwave for about 15 seconds, just until melted. Add brown sugar and mix well. Spread mixture evenly along the bottom of the cake pan. Set aside.

Blot pineapple rings and cherries with paper towels to remove any excess moisture. Lay pineapple rings in an even layer in the cake pan, and place one cherry in the center of each pineapple ring. Set aside.

To make the batter, combine cake mix with baking powder in a large bowl. Mix well. Add club soda and applesauce, and stir until smooth.
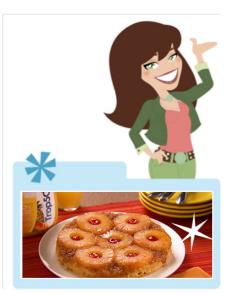
Evenly pour batter into the cake pan over the fruit layer. Bake in the oven until a toothpick inserted into the center comes out clean, 30 - 35 minutes.

Allow cake to cool completely. Firmly and securely place a plate over the pan, and carefully flip so the plate is on the bottom. Gently lift pan to release the cake.

Cut into 8 slices and dig in!

MAKES 8 SERVINGS

A slice of the original recipe has 380 calories and 16g fat!

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