
Babanas Foster Upside Down Cake

The Essential Southern Living Cookbook

Servings: 8

Preparation Time: 20 minutes

Start to Finish Time: 1 hour 15 minutes

1/2 cup chopped pecans
1/2 cup butter, softened and divided
1 cup firmly packed light brown sugar
2 tablespoons rum
2 ripe bananas
3/4 cup granulated sugar
2 large eggs
3/4 cup milk
1/2 cup sour cream
1 teaspoon vanilla extract
2 cups all-purpose baking mix
1/4 teaspoon ground cinnamon

Preheat the oven to 350 degrees.

Place the pecans in a single layer on a baking pan. Bake in the preheated oven for 8 to 10 minutes until toasted and fragrant, stirring once.

Melt 1/2 cup of butter in a lightly greased ten-inch cast-iron skillet over low heat. Remove from the heat. Stir in the brown sugar and rum.

Cut the bananas diagonally into 1/4-inch slices. Arrange the banana slices in concentric circles over the brown sugar mixture. Sprinkle pecans over the bananas.

Beat the granulated sugar and remaining 1/4 cup of butter with an electric mixer on medium speed until blended. Add the eggs, one at a time, beating just until blended after each addition. Add the milk, sour cream and vanilla extract. Beat just until blended. Beat in the baking mix and cinnamon until blended. (The batter will be slightly lumpy.) Pour the batter over the mixture in the skillet and spread to cover. Place the skillet on an aluminum foil-lined jelly-roll pan.

Bake in the preheated oven until a wooden pick inserted in the center comes out clean, 40 to 45 minutes. Cool in the skillet on a wire rack for 10 minutes. Run a knife around the edge to loosen. Invert the cake onto a serving plate, spooning any topping in the skillet over the cake.

Dessert

Per Serving (excluding unknown items): 400 Calories; 22g Fat (48.1% calories from fat); 3g Protein; 49g Carbohydrate; 1g Dietary Fiber; 94mg Cholesterol; 164mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 4 Fat; 3 Other Carbohydrates.