



Almond-Plum Buckle

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



490 kcal

DESSERT

Ingredients

- 1.5 cups flour
- 0.5 teaspoon almond extract
- 1 teaspoon double-acting baking powder
- 2 large eggs
- 0.8 teaspoon ground cinnamon
- 1.3 pounds plums pitted halved cut into 1/2-inch-thick slices (8 medium)
- 0.3 teaspoon sea salt fine
- 1 cup sugar

- 1 cup butter unsalted room temperature (2 sticks)
- 1 teaspoon vanilla extract
- 2.5 ounces almonds whole

Equipment

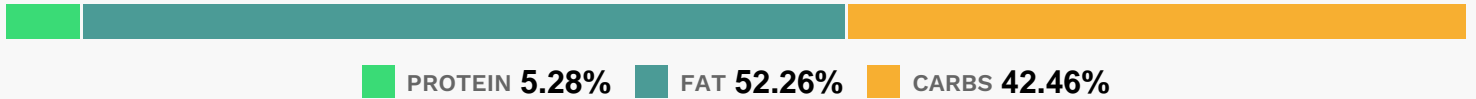
- bowl
- frying pan
- baking paper
- oven
- knife
- whisk
- hand mixer
- cake form
- spatula

Directions

- Position rack in center of oven and preheat to 350°F. Spray 9-inch-diameter cake pan with 2-inch-high sides with nonstick spray. Line bottom of pan with parchment paper round.
- Finely grind almonds in processor.
- Transfer to medium bowl; whisk in flour, baking powder, and salt. Using electric mixer, beat butter in large bowl until fluffy.
- Add 1 cup sugar; beat until well blended.
- Add eggs 1 at a time, beating well after each addition. Beat in vanilla and almond extract, then flour mixture just until incorporated.
- Transfer batter to prepared pan; spread evenly and smooth top with spatula. Gently press plum slices, flesh side down, into batter in spoke pattern around outer rim and center of cake, placing close together.
- Mix cinnamon and 4 teaspoons sugar in small bowl.
- Sprinkle over plums.

- Bake cake until tester inserted into center comes out clean, about 50 minutes. Cool cake in pan on rack 20 minutes. Run small knife between cake and pan sides to loosen. Invert cake onto platter; remove parchment paper.
- Place another platter atop cake. Using both hands, hold both platters firmly together and invert cake, plum side up. Cool cake completely.
- Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:36.34, Glycemic Load:33.34, Inflammation Score:-7, Nutrition Score:10.449999933657%

Flavonoids

Cyanidin: 4.21mg, Cyanidin: 4.21mg, Cyanidin: 4.21mg, Cyanidin: 4.21mg Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 2.32mg, Epicatechin: 2.32mg, Epicatechin: 2.32mg, Epicatechin: 2.32mg Epicatechin 3-gallate: 0.54mg, Epicatechin 3-gallate: 0.54mg, Epicatechin 3-gallate: 0.54mg, Epicatechin 3-gallate: 0.54mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 489.67kcal (24.48%), Fat: 29.14g (44.82%), Saturated Fat: 15.35g (95.95%), Carbohydrates: 53.27g (17.76%), Net Carbohydrates: 50.44g (18.34%), Sugar: 32.59g (36.21%), Cholesterol: 107.51mg (35.84%), Sodium: 147.44mg (6.41%), Alcohol: 0.26g (100%), Alcohol %: 0.19% (100%), Protein: 6.62g (13.24%), Manganese: 0.44mg (21.97%), Vitamin E: 3.26mg (21.73%), Vitamin A: 1021.75IU (20.43%), Vitamin B2: 0.31mg (18.09%), Selenium: 12.59µg (17.98%), Vitamin B1: 0.23mg (15.24%), Folate: 57.07µg (14.27%), Phosphorus: 121.95mg (12.19%), Fiber: 2.83g (11.33%), Iron: 1.85mg (10.25%), Vitamin B3: 2.03mg (10.13%), Magnesium: 36.44mg (9.11%), Copper: 0.18mg (9.1%), Vitamin C: 6.74mg (8.17%), Calcium: 77.05mg (7.7%), Potassium: 227.88mg (6.51%), Vitamin K: 6.69µg (6.37%), Zinc: 0.71mg (4.7%), Vitamin B5: 0.46mg (4.64%), Vitamin D: 0.68µg (4.5%), Vitamin B6: 0.07mg (3.28%), Vitamin B12: 0.16µg (2.66%)