



Berry Best Upside-Down Cake

READY IN



65 min.

SERVINGS



9

CALORIES



295 kcal

DESSERT

Ingredients

- 0.3 cup butter
- 0.5 cup sugar
- 12 oz berries mixed frozen thawed drained (blackberries, strawberries, blueberries and raspberries)
- 1.3 cups flour all-purpose
- 1 cup sugar
- 0.7 cup milk
- 1 teaspoon double-acting baking powder
- 1 teaspoon vanilla
- 0.5 teaspoon salt

1 eggs

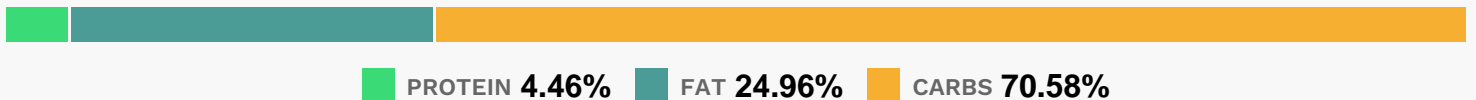
Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks

Directions

- Heat oven to 350°F. In 9-inch square pan or 10-inch ovenproof skillet, heat butter in oven about 2 minutes or until melted.
- Sprinkle 1/2 cup sugar evenly over melted butter. Spoon berries evenly over sugar mixture.
- In medium bowl, beat remaining ingredients with electric mixer on low speed 30 seconds. Beat on medium speed 2 minutes, scraping bowl frequently.
- Pour batter over berries.
- Bake about 50 minutes or until toothpick inserted in center comes out clean. Immediately place heatproof serving plate upside down over pan or skillet; turn plate and pan or skillet over. Leave pan over cake about 1 minute so sugar mixture can drizzle over cake; remove pan or skillet.
- Serve warm. Store cake loosely covered.

Nutrition Facts



Properties

Glycemic Index:38.35, Glycemic Load:33.93, Inflammation Score:-4, Nutrition Score:5.2021738394447%

Flavonoids

Cyanidin: 1.65mg, Cyanidin: 1.65mg, Cyanidin: 1.65mg, Cyanidin: 1.65mg Petunidin: 6.86mg, Petunidin: 6.86mg, Petunidin: 6.86mg, Petunidin: 6.86mg Delphinidin: 8.16mg, Delphinidin: 8.16mg, Delphinidin: 8.16mg, Delphinidin: 8.16mg Malvidin: 18.77mg, Malvidin: 18.77mg, Malvidin: 18.77mg, Malvidin: 18.77mg Pelargonidin: 0.01mg,

Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 294.82kcal (14.74%), Fat: 8.34g (12.83%), Saturated Fat: 1.94g (12.14%), Carbohydrates: 53.08g (17.69%), Net Carbohydrates: 51.56g (18.75%), Sugar: 37.45g (41.62%), Cholesterol: 20.36mg (6.79%), Sodium: 270.52mg (11.76%), Alcohol: 0.15g (100%), Alcohol %: 0.16% (100%), Protein: 3.36g (6.71%), Selenium: 8.36µg (11.94%), Vitamin B1: 0.17mg (11.36%), Folate: 38.92µg (9.73%), Vitamin B2: 0.16mg (9.57%), Manganese: 0.19mg (9.33%), Vitamin A: 373.8IU (7.48%), Vitamin B3: 1.32mg (6.58%), Phosphorus: 63.79mg (6.38%), Fiber: 1.52g (6.09%), Vitamin K: 6.32µg (6.02%), Iron: 1.08mg (6%), Calcium: 59.87mg (5.99%), Vitamin E: 0.51mg (3.42%), Vitamin B5: 0.28mg (2.78%), Vitamin B6: 0.05mg (2.53%), Vitamin B12: 0.15µg (2.49%), Magnesium: 9.15mg (2.29%), Copper: 0.05mg (2.28%), Potassium: 79.06mg (2.26%), Vitamin D: 0.3µg (1.98%), Zinc: 0.3mg (1.98%), Vitamin C: 0.96mg (1.17%)