



Black Forest Upside-Down Cake

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



258 kcal

DESSERT

Ingredients

- 2 tablespoons almonds toasted sliced
- 0.3 cup firmly brown sugar packed
- 1 lb fudge brownie mix sweet low-fat (such as Betty Crocker Rewards)
- 33 ounce cherries in heavy syrup dark sweet pitted drained canned
- 2 large egg whites lightly beaten
- 0.1 teaspoon ground cinnamon
- 0.3 teaspoon ground cinnamon
- 1 tablespoon kirsch liqueur (cherry brandy)

- 1 tablespoon stick margarine melted
- 0.7 cup water

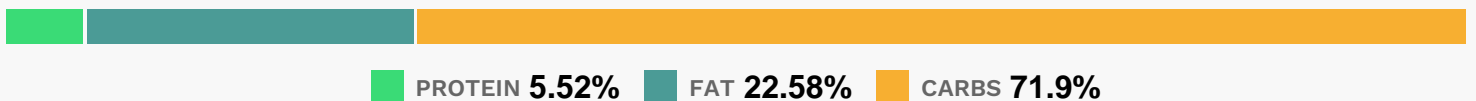
Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- baking pan
- spatula

Directions

- Preheat oven to 35
- Coat a 9-inch square baking pan with cooking spray.
- Place melted butter in pan; stir in kirsch.
- Combine brown sugar and 1/8 teaspoon cinnamon; sprinkle evenly over butter mixture.
- Sprinkle almonds over brown sugar; arrange cherries on top of almonds.
- Combine brownie mix and remaining 3 ingredients in a large bowl; stir well. Spoon batter over cherries in prepared pan.
- Bake at 350 for 45 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 5 minutes on a wire rack. Using a thin spatula or a knife, loosen cake from edge of pan.
- Place a plate, upside down, on top of pan; invert cake onto plate.
- Let cool completely.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:2.4, Inflammation Score:-2, Nutrition Score:2.8769565111269%

Flavonoids

Cyanidin: 23.59mg, Cyanidin: 23.59mg, Cyanidin: 23.59mg, Cyanidin: 23.59mg Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg Peonidin: 1.17mg, Peonidin: 1.17mg, Peonidin: 1.17mg, Peonidin: 1.17mg Catechin: 3.42mg, Catechin: 3.42mg, Catechin: 3.42mg, Catechin: 3.42mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 3.91mg, Epicatechin: 3.91mg, Epicatechin: 3.91mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 257.64kcal (12.88%), Fat: 6.56g (10.1%), Saturated Fat: 1.28g (8.03%), Carbohydrates: 47.03g (15.68%), Net Carbohydrates: 45.15g (16.42%), Sugar: 33.29g (36.98%), Cholesterol: 0mg (0%), Sodium: 133.1mg (5.79%), Alcohol: 0.42g (100%), Alcohol %: 0.37% (100%), Protein: 3.61g (7.23%), Iron: 1.45mg (8.04%), Fiber: 1.88g (7.51%), Vitamin C: 5.46mg (6.62%), Potassium: 201.16mg (5.75%), Manganese: 0.11mg (5.37%), Vitamin B2: 0.07mg (4.08%), Magnesium: 14.3mg (3.57%), Copper: 0.07mg (3.5%), Vitamin E: 0.52mg (3.47%), Phosphorus: 25.77mg (2.58%), Vitamin B6: 0.04mg (2.14%), Calcium: 20.2mg (2.02%), Vitamin A: 94.17IU (1.88%), Vitamin B5: 0.18mg (1.81%), Selenium: 1.23µg (1.75%), Vitamin B1: 0.02mg (1.66%), Vitamin K: 1.66µg (1.58%), Folate: 4.13µg (1.03%)