

DESSERT

Blackberry-Lemon Upside-Down Cake

16 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$0.55	237 kcal

Blackberry-Lemon Upside-Down Cake is a dessert that serves 8. One portion of this dish contains roughly 4g of protein, 5g of fat, and a total of 272 calories. For 55 cents per serving, this recipe covers 7% of your daily requirements of vitamins and minerals.

Ingredients

☐ 1½ teaspoons baking powder	☐ 2 cups fresh blackberries
☐ 1/3 cup packed brown sugar	☐ 1 large egg
☐ ½ cup fat-free milk	☐ 1¼ cups all-purpose flour
☐ 2/3 cup granulated sugar	☐ 1½ teaspoons grated lemon rind
☐ ¼ teaspoon salt	☐ 2 tablespoons butter or stick margarine, softened
☐ 2 teaspoons butter or stick margarine, melted	☐ ¾ teaspoon vanilla extract

EQUIPMENT Bowl, Frying pan, Oven, Knife, Wire rack, Blender, Cake form, Measuring cup

Method

- 1 Preheat oven to 35
- 2 Place 2 teaspoons melted butter in the bottom of a 9-inch round cake pan; sprinkle with brown sugar and lemon rind. Top with blackberries; set aside.
- 3 Lightly spoon flour into dry measuring cups; level with a knife.

- 4 Combine flour, baking powder, and salt in a small bowl.
- 5 Beat granulated sugar and 2 tablespoons butter in a large bowl at medium speed of a mixer until well-blended.
- 6 Add the egg and vanilla; beat well.
- 7 Add flour mixture to egg mixture alternately with milk, beginning and ending with flour mixture; mix after each addition. Spoon batter over blackberries.
- 8 Bake at 350 for 40 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 5 minutes on a wire rack. Loosen edges of cake with a knife.
- 9 Place a plate upside down on top of cake pan; invert onto plate.

Nutrition per serving

237	4 g	5 g	45 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.1 g · 7% of daily needs
Fibre			2.5 g · 10% of daily needs
Sugar			28.2 g · 31% of daily needs
Sodium			217 mg · 9% of daily needs
Cholesterol			23.7 mg · 8% of daily needs
Vitamin C			8.1 mg · 10% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/blackberry-lemon-upside-down-cake-142997