



Blackberry Upside-Down Cake

READY IN



45 min.

SERVINGS



6

CALORIES



395 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 12 ounces blackberries fresh
- ☐ 0.5 cup buttermilk well-shaken
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 0.3 cup butter unsalted softened
- ☐ 1 teaspoon vanilla

☐ 6 servings accompaniment: vanilla ice cream

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ hand mixer
- ☐ cake form
- ☐ pot holder

Directions

- ☐ Preheat oven to 400°F.
- ☐ Line bottom of a buttered 8- by 2-inch round cake pan with 2 rounds of parchment paper, then butter parchment. Dust pan with some flour, knocking out excess.
- ☐ Arrange blackberries in 1 layer in cake pan.
- ☐ Sprinkle berries with 1 1/2 tablespoons sugar and shake pan to help distribute sugar.
- ☐ Whisk together 1 cup flour, baking soda, and salt in a bowl. Beat together butter and remaining 1/2 cup sugar in a large bowl with an electric mixer at high speed until light and fluffy, about 2 minutes.
- ☐ Add egg and vanilla and mix at low speed until just incorporated. Alternately add flour mixture and buttermilk in 3 batches, mixing at low speed until just incorporated.
- ☐ Spoon batter evenly over berries, smoothing top, and bake in middle of oven until top is golden and a tester comes out clean, 30 to 35 minutes.
- ☐ Run a thin knife around edge of pan, then invert a large plate over pan and, using pot holders to hold plate and pan together tightly, flip cake onto plate. Peel off parchment and serve cake with ice cream.

Nutrition Facts



 **PROTEIN 7.04%**  **FAT 38.17%**  **CARBS 54.79%**

Properties

Glycemic Index:43.68, Glycemic Load:33.27, Inflammation Score:-6, Nutrition Score:11.205217506575%

Flavonoids

Cyanidin: 56.67mg, Cyanidin: 56.67mg, Cyanidin: 56.67mg, Cyanidin: 56.67mg Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 21.01mg, Catechin: 21.01mg, Catechin: 21.01mg, Catechin: 21.01mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 395.05kcal (19.75%), Fat: 16.92g (26.03%), Saturated Fat: 10.02g (62.63%), Carbohydrates: 54.65g (18.22%), Net Carbohydrates: 50.62g (18.41%), Sugar: 34.55g (38.38%), Cholesterol: 82.58mg (27.53%), Sodium: 275.98mg (12%), Alcohol: 0.23g (100%), Alcohol %: 0.15% (100%), Protein: 7.02g (14.05%), Manganese: 0.52mg (25.98%), Vitamin B2: 0.36mg (20.92%), Selenium: 11.97µg (17.1%), Fiber: 4.03g (16.12%), Folate: 60.8µg (15.2%), Vitamin C: 12.3mg (14.91%), Vitamin B1: 0.22mg (14.35%), Vitamin A: 713.56IU (14.27%), Phosphorus: 140.08mg (14.01%), Calcium: 134.28mg (13.43%), Vitamin K: 12.23µg (11.65%), Iron: 1.54mg (8.56%), Vitamin B3: 1.7mg (8.52%), Vitamin B5: 0.85mg (8.46%), Potassium: 287.59mg (8.22%), Vitamin E: 1.19mg (7.97%), Copper: 0.15mg (7.65%), Vitamin B12: 0.44µg (7.33%), Zinc: 1.1mg (7.31%), Magnesium: 28.43mg (7.11%), Vitamin D: 0.7µg (4.67%), Vitamin B6: 0.08mg (3.98%)