



WHATSheATE



Blood Orange Polenta Upside Down-Cake with Whipped Crème Fraîche



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



254 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 3 blood oranges small to medium unpeeled
- ☐ 0.3 teaspoon kosher salt
- ☐ 3 tablespoons cornmeal yellow stone-ground (preferably)
- ☐ 1 cup crème fraîche chilled
- ☐ 2 large eggs separated
- ☐ 2 tablespoons sugar

- ☐ 0.8 cup unbleached all purpose flour
- ☐ 8 tablespoons butter unsalted divided room temperature (1 stick)
- ☐ 0.8 teaspoon vanilla extract
- ☐ 3 tablespoons water
- ☐ 6 tablespoons milk whole

Equipment

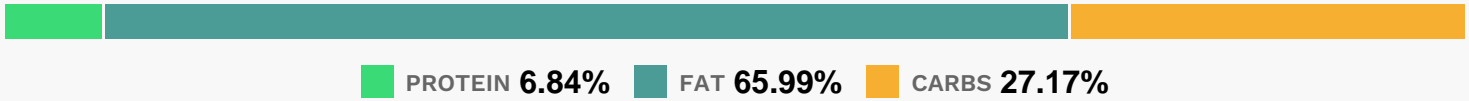
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ hand mixer
- ☐ pastry brush
- ☐ oven mitt

Directions

- ☐ Position rack in center of oven and preheat to 350°F.
- ☐ Combine 6 tablespoons sugar and 3 tablespoons water in 10-inch-diameter ovenproof skillet with 8-inch-diameter bottom and 2 1/2-inch-high sides. Stir over medium heat until sugar dissolves. Increase heat and boil without stirring until syrup is golden amber (not dark amber), occasionally brushing down sides of skillet with wet pastry brush and swirling skillet, about 4 minutes.
- ☐ Remove skillet from heat and whisk 2 tablespoons butter into caramel. Set aside.
- ☐ Cut off both rounded ends of each orange so that ends are even and flat. Using sharp knife, cut oranges into 1/16- to 1/8-inch-thick rounds.
- ☐ Remove and discard any seeds. Arrange orange slices, overlapping slightly, in concentric circles atop caramel in bottom of skillet.

- ☐ Whisk flour, polenta, baking powder, and coarse kosher salt in medium bowl to blend. Using electric mixer, beat 3/4 cup sugar, remaining 6 tablespoons room-temperature butter, and vanilla in another medium bowl until light and fluffy.
- ☐ Add egg yolks 1 at a time, beating well after each addition.
- ☐ Add flour mixture in 3 additions alternately with milk in 2 additions, beating batter just until incorporated.
- ☐ Using clean dry beaters, beat egg whites in large bowl until soft peaks form.
- ☐ Add remaining 1 tablespoon sugar and beat until stiff but not dry. Fold 1/3 of egg whites into batter to lighten, then fold in remaining egg whites in 2 additions. Drop batter by large spoonfuls atop orange slices in skillet, then spread evenly.
- ☐ Bake cake until tester inserted into center comes out clean, about 45 minutes. Cool cake in skillet 10 minutes. Run small knife around cake to loosen.
- ☐ Place platter atop skillet. Using oven mitts, hold platter and skillet firmly together and invert, allowing cake to settle onto platter. Rearrange any orange slices that may have become dislodged. Cool cake completely at room temperature.
- ☐ Using electric mixer, beat chilled crème fraîche and 2 tablespoons sugar in medium bowl until mixture thickens.
- ☐ Cut cake into wedges and serve with dollop of whipped crème fraîche.
- ☐ * Available at most supermarkets and at specialty foods stores.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 38.89, Glycemic Load: 4.31, Inflammation Score: -4, Nutrition Score: 5.6365217540575%

Flavonoids

Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 254.3kcal (12.72%), Fat: 18.83g (28.97%), Saturated Fat: 10.75g (67.21%), Carbohydrates: 17.45g (5.82%), Net Carbohydrates: 16.66g (6.06%), Sugar: 5.16g (5.74%), Cholesterol: 94.91mg (31.64%), Sodium: 185.38mg (8.06%), Alcohol: 0.13g (100%), Alcohol %: 0.17% (100%), Protein: 4.39g (8.78%), Selenium: 9.5µg (13.57%), Vitamin A: 625.9IU (12.52%), Vitamin B2: 0.19mg (11.17%), Calcium: 101.52mg (10.15%), Phosphorus: 99.55mg (9.96%), Vitamin B1: 0.13mg (8.35%), Folate: 32.2µg (8.05%), Manganese: 0.11mg (5.71%), Iron: 0.99mg (5.49%), Vitamin B5: 0.43mg (4.32%), Vitamin B12: 0.26µg (4.27%), Vitamin B3: 0.85mg (4.27%), Vitamin E: 0.62mg (4.14%), Vitamin D: 0.58µg (3.89%), Vitamin B6: 0.07mg (3.53%), Vitamin C: 2.85mg (3.46%), Zinc: 0.52mg (3.45%), Magnesium: 13.39mg (3.35%), Fiber: 0.79g (3.15%), Potassium: 107.64mg (3.08%), Copper: 0.05mg (2.31%), Vitamin K: 1.53µg (1.45%)