



Blueberry-Grapefruit Upside-Down Cakes

READY IN



90 min.

SERVINGS



24

CALORIES



131 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter cut into 24 small pieces (do not use spread or tub products)
- ☐ 0.8 cup brown sugar packed
- ☐ 2 cups blueberries frozen thawed drained
- ☐ 1 lime grated
- ☐ 1 box vanilla cake donut holes french
- ☐ 1 cup cool whip frozen thawed
- ☐ 1 tablespoon ground cinnamon

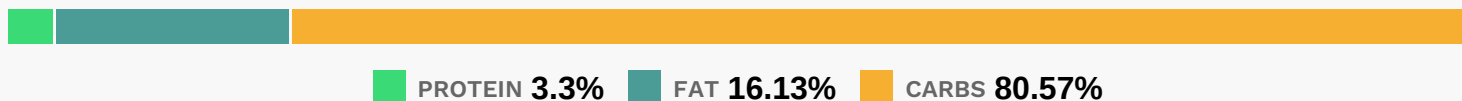
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ toothpicks
- ☐ spatula
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan).
- ☐ Place 1 small piece of butter in each of 24 ungreased muffin cups; place pan in oven until butter is melted.
- ☐ Sprinkle brown sugar evenly over butter. Arrange blueberries on brown sugar.
- ☐ Add enough water to grapefruit juice to measure 1 cup. Make cake mix as directed on box, using oil and eggs, substituting grapefruit juice mixture for the water and adding grapefruit peel.
- ☐ Pour batter over blueberries, filling each cup three-fourths full.
- ☐ Bake 17 to 22 minutes (20 to 25 minutes for dark or nonstick pan) or until toothpick inserted in center comes out clean. Immediately run small knife or metal spatula around side of each cake to loosen.
- ☐ Cool on cooling rack 15 minutes; run knife around sides of cakes again.
- ☐ Place heatproof serving plate upside down over pan; turn plate and pan over.
- ☐ Let stand 5 minutes so topping drizzles over cakes; remove pan. Cool 30 minutes.
- ☐ Serve cakes warm or cool with a dollop of whipped topping and sprinkle of cinnamon. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:3.96, Glycemic Load:0.6, Inflammation Score:-1, Nutrition Score:2.636521735917%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 131.43kcal (6.57%), Fat: 2.42g (3.72%), Saturated Fat: 1.41g (8.84%), Carbohydrates: 27.15g (9.05%), Net Carbohydrates: 26.4g (9.6%), Sugar: 17.48g (19.42%), Cholesterol: 4.26mg (1.42%), Sodium: 164.88mg (7.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.23%), Phosphorus: 77.14mg (7.71%), Manganese: 0.15mg (7.41%), Calcium: 61.09mg (6.11%), Vitamin B2: 0.07mg (4.24%), Folate: 16.52µg (4.13%), Vitamin B1: 0.06mg (3.75%), Vitamin K: 3.2µg (3.05%), Fiber: 0.75g (3%), Iron: 0.53mg (2.97%), Selenium: 2.07µg (2.96%), Vitamin B3: 0.59mg (2.95%), Vitamin E: 0.31mg (2.06%), Vitamin C: 1.53mg (1.86%), Copper: 0.03mg (1.48%), Vitamin A: 56.97IU (1.14%), Potassium: 37.63mg (1.08%), Magnesium: 4.25mg (1.06%), Vitamin B6: 0.02mg (1.01%)