



Cherry-Almond Upside-Down Cake



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



308 kcal

DESSERT

Ingredients

- ☐ 0.8 cup blanched almonds and whole toasted
- ☐ 0.3 cup cooking wine dry red
- ☐ 2 large egg whites
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups sugar divided

- ☐ 2 pounds cherries dark sweet pitted

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 37
- ☐ Combine 1/4 cup sugar and wine in a large saucepan over low heat; stir until sugar dissolves. Increase heat to medium-high; bring to a boil. Stir in cherries. Reduce heat to low, and cook 5 minutes or until cherries just begin to soften, stirring frequently.
- ☐ Remove cherries from pan with a slotted spoon, reserving liquid in pan.
- ☐ Place cherries in a bowl; stir in lemon juice. Arrange cherries in an even layer in bottom of a 9-inch square baking pan coated with cooking spray.
- ☐ Cook wine mixture over medium-high heat 3 minutes or until reduced to 1/4 cup.
- ☐ Remove from heat; drizzle over cherries in prepared pan.
- ☐ Place almonds and 2 tablespoons sugar in a food processor; process until finely ground (do not process to a paste).
- ☐ Place eggs and egg whites in a large bowl. Beat with a mixer at high speed until foamy; slowly add remaining 3/4 cup plus 2 tablespoons sugar. Beat until thick and lemon-colored (about 2 minutes).

- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and salt. Gradually sift flour mixture over egg mixture; fold in. Fold in ground almond mixture. Carefully spoon batter over cherries in prepared pan.
- ☐ Bake at 375 for 30 minutes or until golden brown. Cool in pan on a wire rack 15 minutes.
- ☐ Place a plate upside down on top of cake; invert onto plate.

Nutrition Facts



Properties

Glycemic Index:18.57, Glycemic Load:30.14, Inflammation Score:-4, Nutrition Score:8.3647825925247%

Flavonoids

Cyanidin: 30.45mg, Cyanidin: 30.45mg, Cyanidin: 30.45mg, Cyanidin: 30.45mg Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Malvidin: 1.75mg, Malvidin: 1.75mg, Malvidin: 1.75mg, Malvidin: 1.75mg Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg Peonidin: 1.64mg, Peonidin: 1.64mg, Peonidin: 1.64mg, Peonidin: 1.64mg Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 5.75mg, Epicatechin: 5.75mg, Epicatechin: 5.75mg, Epicatechin: 5.75mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 307.82kcal (15.39%), Fat: 6.97g (10.72%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 56.68g (18.89%), Net Carbohydrates: 53.16g (19.33%), Sugar: 41.25g (45.83%), Cholesterol: 41.33mg (13.78%), Sodium: 159.68mg (6.94%), Alcohol: 0.7g (100%), Alcohol %: 0.5% (100%), Protein: 6.94g (13.88%), Manganese: 0.36mg (18.09%), Vitamin E: 2.67mg (17.8%), Vitamin B2: 0.26mg (15.55%), Selenium: 10.09µg (14.41%), Fiber: 3.52g (14.1%), Magnesium: 44.24mg (11.06%), Phosphorus: 109.42mg (10.94%), Vitamin B1: 0.16mg (10.73%), Folate: 40.18µg (10.04%), Copper: 0.2mg (9.96%), Potassium: 335.72mg (9.59%), Vitamin C: 7.27mg (8.81%), Iron: 1.56mg (8.69%), Vitamin B3: 1.36mg (6.78%), Vitamin B5: 0.48mg (4.79%), Calcium: 46.9mg (4.69%), Vitamin B6: 0.09mg (4.35%), Zinc: 0.63mg (4.17%), Vitamin A: 125.27IU (2.51%), Vitamin K: 2.19µg (2.09%), Vitamin B12: 0.11µg (1.76%), Vitamin D: 0.22µg (1.48%)