



Cherry-Cornmeal Upside-Down Cake



Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



432 kcal

DESSERT

Ingredients

- ☐ 1.3 cups all purpose flour
- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 teaspoons balsamic vinegar
- ☐ 0.3 teaspoon cream of tartar
- ☐ 0.3 cup brown sugar dark packed ()
- ☐ 3 cups bing cherries dark fresh sweet whole pitted (21 ounces unpitted cherries)
- ☐ 2 large eggs separated
- ☐ 0.3 teaspoon salt

- ☐ 1 cup sugar
- ☐ 0.8 cup butter unsalted divided room temperature ()
- ☐ 0.8 teaspoon vanilla extract
- ☐ 0.5 cup milk whole
- ☐ 0.3 cup cornmeal yellow stone-ground (preferably medium grind)

Equipment

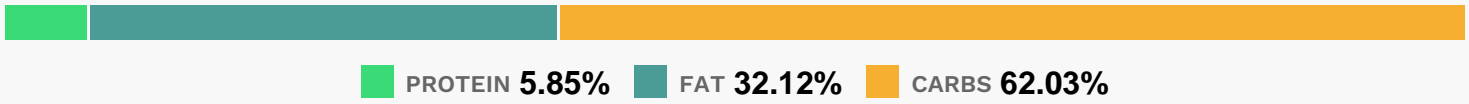
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ spatula
- ☐ offset spatula
- ☐ pot holder
- ☐ oven mitt

Directions

- ☐ Position rack in center of oven; preheat to 350°F.
- ☐ Combine 1/4 cup butter with brown sugar and vinegar in 10- to 11-inch ovenproof skillet with 2-inch-high sides. Stir over medium heat until butter melts and sugar dissolves, about 2 minutes. Increase heat to high; add cherries and bring to boil.
- ☐ Remove from heat.
- ☐ Whisk flour, cornmeal, baking powder, and salt in medium bowl to blend. Using electric mixer, beat 1/2 cup butter in large bowl.
- ☐ Add sugar; beat until pale and fluffy, about 3 minutes. Beat in egg yolks and vanilla.
- ☐ Add flour mixture alternately with milk in 2 additions each, beating just until blended and occasionally scraping down sides of bowl. Using clean dry beaters, beat egg whites in another medium bowl until foamy.

- ☐ Add cream of tartar and beat until whites are stiff but not dry. Using rubber spatula, fold 1/4 of whites into batter to lighten slightly. Fold in remaining whites in 3 additions (batter will be thick). Spoon batter over cherries in skillet, then spread evenly with offset spatula to cover cherries.
- ☐ Bake cake until top is golden brown and tester inserted into center comes out clean, about 45 minutes. Cool in skillet on rack 5 minutes. Run spatula around edges of cake to loosen.
- ☐ Place large serving platter upside down atop skillet. Using pot holders or oven mitts, firmly hold platter and skillet together and invert. Leave skillet atop cake 5 minutes.
- ☐ Remove skillet. If necessary, rearrange any cherries that may have become dislodged.
- ☐ Let cake cool at least 45 minutes.
- ☐ Cut cake into wedges and serve slightly warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:39.36, Glycemic Load:24.82, Inflammation Score:-8, Nutrition Score:7.0965217507404%

Nutrients (% of daily need)

Calories: 431.73kcal (21.59%), Fat: 15.6g (24%), Saturated Fat: 9.35g (58.44%), Carbohydrates: 67.79g (22.6%), Net Carbohydrates: 63.57g (23.12%), Sugar: 45.05g (50.05%), Cholesterol: 75.27mg (25.09%), Sodium: 171.97mg (7.48%), Alcohol: 0.1g (100%), Alcohol %: 0.11% (100%), Protein: 6.39g (12.78%), Vitamin A: 1790.13IU (35.8%), Fiber: 4.22g (16.88%), Selenium: 9.2µg (13.14%), Calcium: 112.12mg (11.21%), Iron: 1.76mg (9.77%), Vitamin B1: 0.15mg (9.75%), Vitamin B2: 0.15mg (9.02%), Folate: 35.21µg (8.8%), Phosphorus: 79.99mg (8%), Manganese: 0.14mg (7.14%), Vitamin B3: 1.06mg (5.28%), Vitamin D: 0.59µg (3.93%), Vitamin E: 0.53mg (3.53%), Vitamin B5: 0.32mg (3.17%), Vitamin B12: 0.18µg (3.06%), Magnesium: 11.57mg (2.89%), Zinc: 0.43mg (2.88%), Vitamin B6: 0.06mg (2.88%), Potassium: 87.53mg (2.5%), Copper: 0.05mg (2.34%), Vitamin K: 1.31µg (1.25%)