



## Cherry-Nectarine Upside-down Cake

READY IN



45 min.

SERVINGS



8

CALORIES



270 kcal

DESSERT

### Ingredients

- 0.5 teaspoon almond extract
- 2 tablespoons almonds toasted sliced
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup brown sugar packed
- 1 large eggs
- 1 cup flour all-purpose
- 0.7 cup granulated sugar
- 1 teaspoon juice of lemon

- 0.7 cup buttermilk low-fat
- 0.3 cup butter softened
- 1 tablespoon butter melted
- 2 cups nectarines thinly sliced
- 0.1 teaspoon salt
- 1 cup cherries sweet pitted
- 1 teaspoon vanilla extract

## Equipment

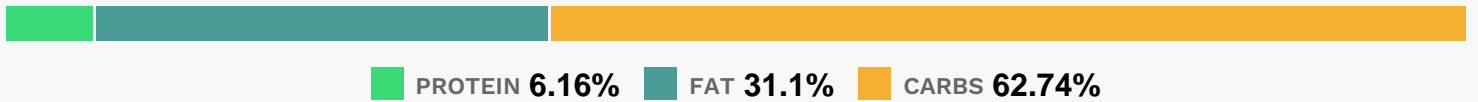
- bowl
- frying pan
- oven
- knife
- wire rack
- blender
- cake form
- spatula
- measuring cup

## Directions

- Preheat oven to 35
- Coat bottom of a 9-inch round cake pan with melted margarine.
- Sprinkle brown sugar over margarine.
- Place 1 cherry in center of pan; arrange remaining cherries around edge of pan.
- Combine nectarines and lemon juice; toss well. Arrange nectarine slices spokelike, working from center cherry to edge of cherries.
- Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, almonds, baking powder, baking soda, and salt in a bowl. Beat 2/3 cup granulated sugar and 1/4 cup margarine at medium speed of a mixer until well-blended.

- Add extracts and egg; beat well.
- Add flour mixture to creamed mixture alternately with buttermilk, beginning and ending with flour mixture; beat well after each addition. Slowly pour batter over fruit.
- Bake at 350 for 45 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 5 minutes on a wire rack. Loosen cake from sides of pan using a narrow metal spatula. Invert onto a cake plate; cut into wedges.
- Serve warm.

## Nutrition Facts



### Properties

Glycemic Index:39.01, Glycemic Load:22.12, Inflammation Score:-5, Nutrition Score:5.9865216768306%

### Flavonoids

Cyanidin: 6.03mg, Cyanidin: 6.03mg, Cyanidin: 6.03mg, Cyanidin: 6.03mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.79mg, Epicatechin: 1.79mg, Epicatechin: 1.79mg, Epicatechin: 1.79mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

### Nutrients (% of daily need)

Calories: 269.54kcal (13.48%), Fat: 9.52g (14.64%), Saturated Fat: 1.93g (12.07%), Carbohydrates: 43.21g (14.4%), Net Carbohydrates: 41.57g (15.12%), Sugar: 29.57g (32.86%), Cholesterol: 24.05mg (8.02%), Sodium: 286.76mg (12.47%), Alcohol: 0.26g (100%), Alcohol %: 0.25% (100%), Protein: 4.25g (8.49%), Selenium: 7.9µg (11.29%), Vitamin B2: 0.19mg (11.04%), Vitamin B1: 0.16mg (10.33%), Manganese: 0.2mg (10.21%), Vitamin A: 489.28IU (9.79%), Folate: 36.75µg (9.19%), Phosphorus: 85.35mg (8.54%), Vitamin E: 1.23mg (8.2%), Calcium: 76.77mg (7.68%), Vitamin B3: 1.47mg (7.35%), Iron: 1.22mg (6.78%), Fiber: 1.64g (6.54%), Copper: 0.1mg (4.99%), Potassium: 174.05mg (4.97%), Magnesium: 19.4mg (4.85%), Vitamin B5: 0.35mg (3.49%), Vitamin C: 2.7mg (3.28%), Zinc: 0.44mg (2.96%), Vitamin B6: 0.05mg (2.46%), Vitamin B12: 0.11µg (1.81%), Vitamin K: 1.16µg (1.11%)