



Cranberry Pumpkin Upside-down Cake

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



470 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.3 cup butter plus more for pans
- ☐ 1 cup pumpkin puree canned
- ☐ 0.3 cup vegetable oil
- ☐ 1 teaspoon cinnamon
- ☐ 1.3 cups cranberries (see Notes)
- ☐ 2 large eggs

- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 1 tablespoon rum dark light
- ☐ 9 servings accompaniment: lightly whipped cream sweetened
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup walnut pieces toasted coarsely chopped (see Notes)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ skewers

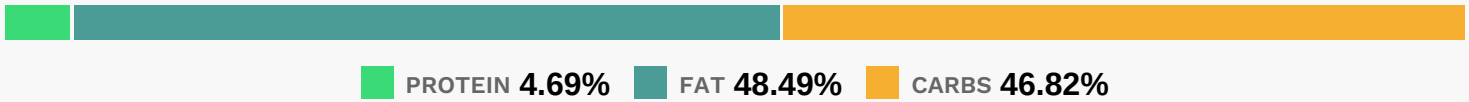
Directions

- ☐ Preheat oven to 35
- ☐ Butter a 9-in. square pan and line the bottom with parchment paper.
- ☐ In a small saucepan over medium heat, melt butter.
- ☐ Whisk in brown sugar until blended.
- ☐ Remove from heat and whisk in rum.
- ☐ Pour mixture into prepared pan, evenly covering the bottom.
- ☐ In a small bowl, combine cranberries and walnuts; arrange evenly over brown sugar mixture.
- ☐ In a large bowl with a mixer on medium speed, beat eggs, pumpkin, oil, and granulated sugar until smooth. In another bowl, stir together flour, baking powder, cinnamon, and salt. Stir flour

mixture into pumpkin mixture.

- ☐ Spread batter evenly over cranberries and walnuts.
- ☐ Bake until a skewer inserted in the center of cake comes out clean, 35 to 45 minutes.
- ☐ Transfer to a wire rack and let cool 10 minutes in pan. Run a thin-bladed knife between cake and sides of pan, then invert cake onto a serving platter.
- ☐ Remove pan and parchment, and let cool at least 20 minutes.
- ☐ Serve slightly warm or cool, with whipped cream.

Nutrition Facts



Properties

Glycemic Index:41.34, Glycemic Load:27.87, Inflammation Score:-10, Nutrition Score:13.060000051623%

Flavonoids

Cyanidin: 7.11mg, Cyanidin: 7.11mg, Cyanidin: 7.11mg, Cyanidin: 7.11mg Delphinidin: 1.14mg, Delphinidin: 1.14mg, Delphinidin: 1.14mg, Delphinidin: 1.14mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 7.28mg, Peonidin: 7.28mg, Peonidin: 7.28mg, Peonidin: 7.28mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 469.56kcal (23.48%), Fat: 25.82g (39.72%), Saturated Fat: 8.88g (55.47%), Carbohydrates: 56.09g (18.7%), Net Carbohydrates: 53.5g (19.45%), Sugar: 36.98g (41.08%), Cholesterol: 75.44mg (25.15%), Sodium: 203.22mg (8.84%), Alcohol: 0.56g (100%), Alcohol %: 0.47% (100%), Protein: 5.61g (11.23%), Vitamin A: 4682.95IU (93.66%), Manganese: 0.58mg (29.15%), Vitamin K: 20.79µg (19.8%), Selenium: 11.37µg (16.25%), Folate: 55.58µg (13.9%), Vitamin B1: 0.21mg (13.75%), Vitamin B2: 0.19mg (11.23%), Iron: 2.02mg (11.22%), Copper: 0.22mg (11.09%), Fiber: 2.59g (10.34%), Phosphorus: 102.46mg (10.25%), Vitamin E: 1.49mg (9.91%), Calcium: 89.92mg (8.99%), Vitamin B3: 1.47mg (7.35%), Magnesium: 28.3mg (7.08%), Vitamin B6: 0.1mg (5.19%), Vitamin B5: 0.49mg (4.87%), Potassium: 163.13mg (4.66%), Zinc: 0.63mg (4.22%), Vitamin C: 3.43mg (4.16%), Vitamin B12: 0.11µg (1.83%), Vitamin D: 0.22µg (1.48%)