



## Cranberry Up-Side Down Cake

 Vegetarian

READY IN



90 min.

SERVINGS



10

CALORIES



209 kcal

DESSERT

### Ingredients

- 1.5 teaspoons double acting baking powder
- 1 pound cranberries dry picked over rinsed
- 1 large eggs
- 1.3 cups flour all-purpose
- 0.5 cup milk
- 1 teaspoon orange rind minced
- 0.3 cup currant jelly red
- 0.3 teaspoon salt

- 0.5 cup sugar
- 10 servings whipped cream sweetened
- 3 tablespoons butter unsalted softened ()
- 1 teaspoon vanilla

## Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- knife
- blender
- toothpicks
- cake form

## Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Butter the bottom and sides of a 9-inch cake pan with 3 tablespoons butter, sprinkle 1/2 cup of the sugar evenly over the bottom, and arrange the cranberries in the pan.
- In a bowl with the mixer cream together the remaining 6 tablespoons butter and 1/2 cup sugar.
- Add the egg, vanilla, and orange rind and beat the mixture until well combined.
- Into another bowl sift together the flour, baking powder, and salt. Stir the dry ingredients into the butter mixture, 1/2 cup at a time, alternately with the milk until it is combined.
- Pour the batter over the cranberries and smooth the top.
- Bake the cake on a baking sheet in the middle of the oven for 30 to 45 minutes, or until an inserted toothpick comes out clean.

- Transfer the cake to a rack and let it cool in the pan for 20 minutes. Run a thin knife around the inside of the pan and invert the cake stand.
- In a small saucepan melt the currant jelly over low heat, stirring, and brush it over the cake.
- Serve the cake warm or at room temperature with the whipped cream, if desired.

## Nutrition Facts

**PROTEIN 5.89%** **FAT 24.84%** **CARBS 69.27%**

### Properties

Glycemic Index:43.01, Glycemic Load:22.33, Inflammation Score:-4, Nutrition Score:5.5060869507168%

### Flavonoids

Cyanidin: 21.06mg, Cyanidin: 21.06mg, Cyanidin: 21.06mg, Cyanidin: 21.06mg Delphinidin: 3.48mg, Delphinidin: 3.48mg, Delphinidin: 3.48mg, Delphinidin: 3.48mg Malvidin: 0.2mg, Malvidin: 0.2mg, Malvidin: 0.2mg, Malvidin: 0.2mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 22.3mg, Peonidin: 22.3mg, Peonidin: 22.3mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 1.98mg, Epicatechin: 1.98mg, Epicatechin: 1.98mg, Epicatechin: 1.98mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 3.01mg, Myricetin: 3.01mg, Myricetin: 3.01mg, Myricetin: 3.01mg Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg

### Nutrients (% of daily need)

Calories: 209.41kcal (10.47%), Fat: 5.86g (9.01%), Saturated Fat: 3.4g (21.25%), Carbohydrates: 36.76g (12.25%), Net Carbohydrates: 34.56g (12.57%), Sugar: 18.59g (20.66%), Cholesterol: 33.65mg (11.22%), Sodium: 139.4mg (6.06%), Alcohol: 0.14g (100%), Alcohol %: 0.16% (100%), Protein: 3.13g (6.25%), Manganese: 0.28mg (13.9%), Selenium: 7.53µg (10.75%), Vitamin B1: 0.14mg (9.43%), Vitamin C: 7.62mg (9.24%), Fiber: 2.2g (8.81%), Vitamin B2: 0.14mg (8.37%), Folate: 33.01µg (8.25%), Calcium: 68.87mg (6.89%), Phosphorus: 65.8mg (6.58%), Iron: 1.05mg (5.83%), Vitamin E: 0.82mg (5.44%), Vitamin B3: 1mg (4.99%), Vitamin A: 220.88IU (4.42%), Vitamin B5: 0.35mg (3.51%), Copper: 0.07mg (3.28%), Potassium: 98.11mg (2.8%), Vitamin B6: 0.05mg (2.7%), Vitamin K: 2.77µg (2.64%), Magnesium: 9.68mg (2.42%), Vitamin B12: 0.13µg (2.25%), Vitamin D: 0.32µg (2.14%), Zinc: 0.3mg (2%)