



Cranberry Upside-Down Cake

 Vegetarian

READY IN



95 min.

SERVINGS



8

CALORIES



529 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.8 cup firmly-packed brown sugar
- ☐ 2 sticks butter
- ☐ 8 ounce cranberries frozen
- ☐ 2 large eggs separated
- ☐ 1.5 cups flour for dusting all-purpose plus more
- ☐ 0.8 cup granulated sugar
- ☐ 0.8 cup milk

- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup walnuts chopped

Equipment

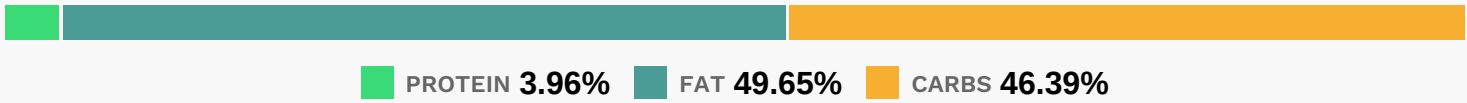
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ cake form

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F. Spray a 9-inch cake pan with nonstick baking spray and dust with flour. Line the pan with parchment paper and spray again.
- ☐ Combine the brown sugar and 1 stick of butter in a small saucepan. Cook over medium-low heat, stirring frequently, until the butter melts.
- ☐ Pour the mixture into the prepared cake pan. Top with the walnuts.
- ☐ Beat the granulated sugar and remaining 1 stick butter in a large bowl at medium speed with a mixer until fluffy. Beat in the vanilla.
- ☐ Add the egg yolks, beating until combined.
- ☐ Combine the flour, baking powder and salt in a medium bowl. Gradually add the flour mixture to the butter mixture alternately with the milk, beginning and ending with the flour mixture, beating just until combined after each addition.
- ☐ Beat the egg whites in a separate bowl until stiff peaks form. Gently fold the egg whites into the batter.
- ☐ Add the cranberries and spoon over the mixture in the prepared pan.

Bake until a wooden pick inserted in center comes out clean, 35 to 40 minutes. Cool the cake in the pan, about 10 minutes. Immediately invert the cake onto a serving platter. Cool before serving, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:48.76, Glycemic Load:27.87, Inflammation Score:-6, Nutrition Score:9.173043416894%

Flavonoids

Cyanidin: 13.36mg, Cyanidin: 13.36mg, Cyanidin: 13.36mg, Cyanidin: 13.36mg Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 528.67kcal (26.43%), Fat: 29.86g (45.94%), Saturated Fat: 15.84g (98.99%), Carbohydrates: 62.78g (20.93%), Net Carbohydrates: 60.63g (22.05%), Sugar: 41.39g (45.99%), Cholesterol: 109.38mg (36.46%), Sodium: 378.24mg (16.45%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 5.35g (10.71%), Manganese: 0.53mg (26.51%), Selenium: 11.79µg (16.84%), Vitamin A: 822.78IU (16.46%), Vitamin B1: 0.23mg (15.61%), Folate: 57.6µg (14.4%), Calcium: 129.51mg (12.95%), Phosphorus: 122.96mg (12.3%), Vitamin B2: 0.2mg (11.77%), Iron: 1.75mg (9.75%), Copper: 0.18mg (9.05%), Fiber: 2.15g (8.58%), Vitamin E: 1.22mg (8.11%), Vitamin B3: 1.56mg (7.78%), Magnesium: 24.12mg (6.03%), Vitamin B6: 0.1mg (5.2%), Vitamin B5: 0.5mg (4.99%), Vitamin C: 4.06mg (4.93%), Potassium: 154.49mg (4.41%), Zinc: 0.64mg (4.28%), Vitamin B12: 0.25µg (4.24%), Vitamin K: 3.76µg (3.58%), Vitamin D: 0.48µg (3.21%)