



Cranberry Upside Down Cake

 Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



497 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 1 cup brown sugar packed
- 2 cups cranberries fresh thawed ()
- 1 cup pecans chopped
- 3 egg yolk
- 1 cup granulated sugar
- 1 cup flour all-purpose
- 1 teaspoon double-acting baking powder

- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon salt
- 0.3 cup orange juice
- 1 teaspoon vanilla
- 1 teaspoon orange zest grated
- 2 egg whites
- 0.3 teaspoon cream of tartar

Equipment

- bowl
- frying pan
- oven
- hand mixer

Directions

- Heat oven to 350°F. In 10-inch cast-iron skillet, melt butter over low heat.
- Sprinkle brown sugar, cranberries and pecans in skillet.
- Remove from heat.
- In large bowl, beat egg yolks with electric mixer on high speed until thick and pale. Gradually beat in granulated sugar. In small bowl, mix flour, baking powder, cinnamon and salt. On low speed, beat flour mixture into sugar mixture alternately with orange juice, beating after each addition just until smooth. Beat in vanilla and orange peel.
- In small bowl, beat egg whites and cream of tartar with electric mixer on high speed just until stiff peaks form. Fold into batter.
- Pour into skillet.
- Bake 45 to 50 minutes or until center is set. Cool 5 minutes.
- Place heatproof serving plate upside down on pan; turn plate and pan over.
- Let pan remain over cake 1 minute so cranberry mixture can drizzle over cake.
- Remove pan.
- Serve warm.

Nutrition Facts

PROTEIN 3.98% FAT 41.02% CARBS 55%

Properties

Glycemic Index:43.64, Glycemic Load:27.62, Inflammation Score:-6, Nutrition Score:9.4656521548396%

Flavonoids

Cyanidin: 13.07mg, Cyanidin: 13.07mg, Cyanidin: 13.07mg, Cyanidin: 13.07mg Delphinidin: 2.91mg, Delphinidin: 2.91mg, Delphinidin: 2.91mg, Delphinidin: 2.91mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 496.9kcal (24.85%), Fat: 23.32g (35.87%), Saturated Fat: 3.88g (24.28%), Carbohydrates: 70.35g (23.45%), Net Carbohydrates: 67.61g (24.59%), Sugar: 54.08g (60.09%), Cholesterol: 72.9mg (24.3%), Sodium: 284.1mg (12.35%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 5.09g (10.19%), Manganese: 0.86mg (42.87%), Selenium: 11.62µg (16.59%), Vitamin B1: 0.24mg (15.77%), Vitamin A: 644.37IU (12.89%), Copper: 0.23mg (11.32%), Folate: 44.82µg (11.21%), Fiber: 2.74g (10.96%), Vitamin B2: 0.18mg (10.68%), Phosphorus: 101.62mg (10.16%), Vitamin C: 7.9mg (9.57%), Iron: 1.61mg (8.96%), Calcium: 82.44mg (8.24%), Vitamin E: 1.15mg (7.67%), Magnesium: 26.67mg (6.67%), Zinc: 0.93mg (6.17%), Vitamin B3: 1.19mg (5.94%), Vitamin B5: 0.54mg (5.41%), Potassium: 188.09mg (5.37%), Vitamin B6: 0.09mg (4.51%), Vitamin B12: 0.15µg (2.54%), Vitamin D: 0.36µg (2.43%), Vitamin K: 1.87µg (1.78%)