



Cranberry Upside-Down Cake

 Vegetarian

READY IN



76 min.

SERVINGS



16

CALORIES



342 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 0.8 cup almonds toasted coarsely chopped
- ☐ 24 almonds whole lightly toasted
- ☐ 3 tablespoons amaretto
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1.3 cups brown sugar packed
- ☐ 0.5 cup butter
- ☐ 0.5 cup butter softened

- ☐ 2.3 cups cranberries fresh
- ☐ 3 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.5 cup milk
- ☐ 1 tablespoon vanilla extract

Equipment

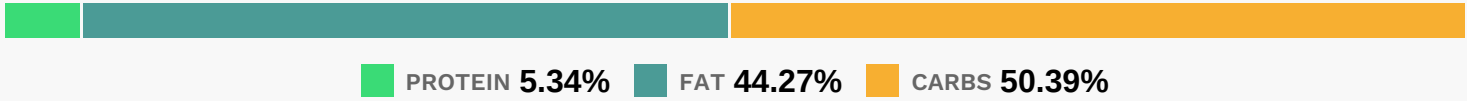
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Melt 1/2 cup butter in a lightly greased 10" cast-iron skillet over low heat. Stir amaretto into melted butter; sprinkle brown sugar into skillet.
- ☐ Remove from heat.
- ☐ Arrange whole almonds around edge of skillet.
- ☐ Sprinkle cranberries and chopped almonds over brown sugar.
- ☐ Whisk together flour and baking powder in a medium bowl. Set aside. Beat softened butter at medium speed with an electric mixer until creamy; gradually add granulated sugar, beating well.
- ☐ Add eggs, 1 at a time, beating until blended after each addition.
- ☐ Add flour mixture to butter mixture, alternately with milk, beginning and ending with flour mixture. Beat at low speed until blended after each addition. Stir in extracts.
- ☐ Pour batter over cranberries and almonds in skillet.

Bake at 350 for 55 to 60 minutes or until a wooden pick inserted in center comes out clean. Cool in skillet on a wire rack 10 minutes. Run a knife around edges. Invert cake onto a serving plate.

Nutrition Facts



Properties

Glycemic Index:27.51, Glycemic Load:16.07, Inflammation Score:-4, Nutrition Score:6.7891304803931%

Flavonoids

Cyanidin: 6.73mg, Cyanidin: 6.73mg, Cyanidin: 6.73mg, Cyanidin: 6.73mg Delphinidin: 1.08mg, Delphinidin: 1.08mg, Delphinidin: 1.08mg, Delphinidin: 1.08mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 6.91mg, Peonidin: 6.91mg, Peonidin: 6.91mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 341.75kcal (17.09%), Fat: 16.92g (26.03%), Saturated Fat: 8.06g (50.39%), Carbohydrates: 43.32g (14.44%), Net Carbohydrates: 41.47g (15.08%), Sugar: 31.59g (35.1%), Cholesterol: 66.29mg (22.1%), Sodium: 166.29mg (7.23%), Alcohol: 1.1g (100%), Alcohol %: 1.4% (100%), Protein: 4.59g (9.18%), Vitamin E: 2.72mg (18.16%), Manganese: 0.34mg (16.77%), Vitamin B2: 0.22mg (12.71%), Selenium: 7.78µg (11.11%), Phosphorus: 95.2mg (9.52%), Calcium: 86.9mg (8.69%), Vitamin A: 426.04IU (8.52%), Vitamin B1: 0.12mg (7.96%), Folate: 30.2µg (7.55%), Magnesium: 29.79mg (7.45%), Fiber: 1.85g (7.4%), Iron: 1.23mg (6.85%), Copper: 0.13mg (6.35%), Vitamin B3: 1.05mg (5.26%), Potassium: 137.32mg (3.92%), Zinc: 0.52mg (3.49%), Vitamin B5: 0.34mg (3.42%), Vitamin B6: 0.05mg (2.64%), Vitamin B12: 0.15µg (2.48%), Vitamin C: 1.97mg (2.39%), Vitamin D: 0.27µg (1.81%), Vitamin K: 1.78µg (1.7%)