



Cranberry Upside-Down Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



253 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 cup brown sugar packed
- 0.5 cup butter softened
- 2 tablespoons butter
- 6 ounces cranberries fresh thawed
- 2 large egg whites
- 2 large egg yolk
- 1.5 cups flour all-purpose

- 1 cup granulated sugar
- 0.5 cup milk 1% low-fat
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract

Equipment

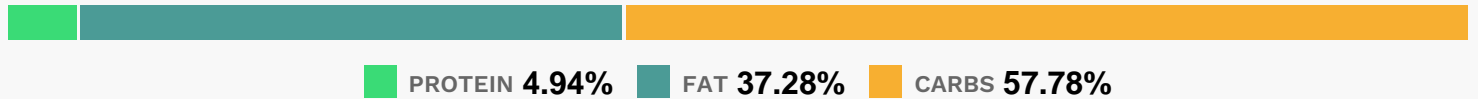
- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- wire rack
- blender
- cake form
- spatula
- measuring cup

Directions

- Preheat oven to 35
- To prepare topping, lightly coat a 9-inch round cake pan with cooking spray.
- Heat brown sugar and 2 tablespoons butter in a small saucepan over medium heat. Cook 2 minutes or until butter melts and sugar dissolves, stirring occasionally.
- Pour sugar mixture into prepared cake pan, tilting pan to coat bottom evenly. Arrange cranberries evenly over sugar mixture.
- To prepare cake, weigh or lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, baking powder, and salt; stir with a whisk.
- Place granulated sugar and 1/2 cup butter in a bowl; beat with a mixer at medium speed until well blended and fluffy (about 3 minutes).

- Add egg yolks, 1 at a time, beating well after each addition. Beat in vanilla. Fold flour mixture into sugar mixture alternately with milk, beginning and ending with flour mixture.
- Beat the egg whites with a mixer at high speed until stiff peaks form using clean, dry beaters. Gently fold the egg whites into the batter. Spoon the batter over the cranberries, spreading evenly.
- Bake at 350 for 55 minutes or until a wooden pick inserted into center of the cake comes out clean. Cool in pan 15 minutes on a wire rack. Loosen cake from sides of pan using a narrow metal spatula.
- Place a serving plate upside down on top of cake, and invert the cake pan onto the plate.
- Let stand 5 minutes, and remove the pan.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:31.84, Glycemic Load:20.97, Inflammation Score:-3, Nutrition Score:4.4860869853393%

Flavonoids

Cyanidin: 6.58mg, Cyanidin: 6.58mg, Cyanidin: 6.58mg, Cyanidin: 6.58mg Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg 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: 6.97mg, Peonidin: 6.97mg, Peonidin: 6.97mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg 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: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 252.86kcal (12.64%), Fat: 10.64g (16.37%), Saturated Fat: 6.41g (40.08%), Carbohydrates: 37.11g (12.37%), Net Carbohydrates: 36.17g (13.15%), Sugar: 23.8g (26.44%), Cholesterol: 56.44mg (18.81%), Sodium: 211.76mg (9.21%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Protein: 3.17g (6.34%), Selenium: 8.5µg (12.14%), Vitamin B1: 0.14mg (9.05%), Folate: 33.7µg (8.43%), Manganese: 0.17mg (8.28%), Vitamin B2: 0.14mg (8.26%), Vitamin A: 363.31IU (7.27%), Calcium: 67.22mg (6.72%), Phosphorus: 58.14mg (5.81%), Iron: 0.97mg (5.38%), Vitamin B3:

0.97mg (4.84%), Fiber: 0.93g (3.73%), Vitamin E: 0.55mg (3.63%), Vitamin B5: 0.26mg (2.62%), Vitamin C: 1.98mg (2.41%), Vitamin B12: 0.14µg (2.34%), Potassium: 67.67mg (1.93%), Copper: 0.04mg (1.92%), Magnesium: 7.22mg (1.81%), Vitamin D: 0.26µg (1.74%), Vitamin B6: 0.03mg (1.7%), Zinc: 0.25mg (1.64%), Vitamin K: 1.61µg (1.53%)