



## Cranberry Upside-Down Cake

 Vegetarian

READY IN



60 min.

SERVINGS



10

CALORIES



272 kcal

DESSERT

### Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.3 cup butter
- 1.5 cups cranberries fresh
- 0.7 cup t brown sugar dark packed
- 1 eggs beaten
- 1.3 cups flour
- 0.8 cup milk
- 1 cup sugar

## Equipment

- bowl
- frying pan
- oven
- toothpicks
- stand mixer

## Directions

- Toss the brown sugar and cranberries together in a bowl and mix with your hands until the brown sugar is evenly distributed (it won't really stick to the cranberries; that's okay). Set to the side.
- Preheat the oven to 350°F. In your 9-inch square pan, melt 1/4 cup butter while the oven heats (it should only take a minute or two).
- Remove the pan from the oven and tilt the pan so that the butter is evenly distributed across the pan.
- Place the cranberry-and-brown-sugar mixture on top of the melted butter, using a spoon to spread it into an even layer. You want enough cranberries to cover most of the pan; you may not use all of them depending on how big the berries are. Set to the side while the oven continues to preheat; prepare your cake batter.
- Sift together the flour and baking powder in a medium bowl. Keep to the side.
- Using a stand mixer fitted with the paddle attachment, cream together the butter and sugar until light and fluffy.
- Add in the egg and mix until incorporated.
- Add in the flour mixture and the milk alternatively, beginning and ending with milk. Pause to scrape down the sides of the bowl with each addition.
- Mix until smooth, about 3 minutes on medium speed.
- Spoon the batter over the cranberries in your pan, making sure that it is evenly spread.
- Bake for 50–55 minutes, or until a toothpick inserted in the center comes out clean.
- Once out of the oven, immediately place a heatproof serving plate under the pan; turn plate and pan over quickly. Leave the pan over the cake for several minutes so that the brown

sugar and cranberry mixture can drizzle over the cake.

Remove the pan, and serve warm, a la mode if desired.

## Nutrition Facts

**PROTEIN 4.35%** **FAT 23.91%** **CARBS 71.74%**

### Properties

Glycemic Index:37.01, Glycemic Load:24.21, Inflammation Score:-3, Nutrition Score:4.5656521994135%

### Flavonoids

Cyanidin: 6.96mg, Cyanidin: 6.96mg, Cyanidin: 6.96mg, Cyanidin: 6.96mg Delphinidin: 1.15mg, Delphinidin: 1.15mg, Delphinidin: 1.15mg, Delphinidin: 1.15mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 7.37mg, Peonidin: 7.37mg, Peonidin: 7.37mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

### Nutrients (% of daily need)

Calories: 272.14kcal (13.61%), Fat: 7.39g (11.37%), Saturated Fat: 4.39g (27.47%), Carbohydrates: 49.88g (16.63%), Net Carbohydrates: 48.89g (17.78%), Sugar: 35.77g (39.75%), Cholesterol: 34.83mg (11.61%), Sodium: 130.4mg (5.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.05%), Selenium: 7.74µg (11.05%), Vitamin B1: 0.14mg (9.67%), Manganese: 0.18mg (8.99%), Folate: 33.09µg (8.27%), Vitamin B2: 0.14mg (8.06%), Calcium: 78.12mg (7.81%), Phosphorus: 62.39mg (6.24%), Iron: 1.07mg (5.93%), Vitamin B3: 1.04mg (5.2%), Vitamin A: 251.5IU (5.03%), Fiber: 0.99g (3.96%), Vitamin E: 0.44mg (2.93%), Vitamin B5: 0.28mg (2.81%), Vitamin C: 2.1mg (2.55%), Vitamin B12: 0.15µg (2.51%), Potassium: 85.2mg (2.43%), Magnesium: 8.92mg (2.23%), Copper: 0.04mg (2.21%), Vitamin B6: 0.04mg (2.04%), Vitamin D: 0.29µg (1.93%), Zinc: 0.28mg (1.83%), Vitamin K: 1.4µg (1.33%)