



Cranberry Upside-Down Coffee Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



313 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup butter divided softened
- ☐ 1 teaspoon butter melted
- ☐ 1 cup cranberries fresh
- ☐ 0.5 cup brown sugar dark packed
- ☐ 0.5 cup dates pitted coarsely chopped
- ☐ 1 large eggs
- ☐ 0.5 cup buttermilk fat-free

- ☐ 1 tablespoon flour all-purpose
- ☐ 6.8 ounces flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 tablespoons orange juice fresh
- ☐ 1 teaspoon orange rind grated
- ☐ 1 cup powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla
- ☐ 2 tablespoons walnuts chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

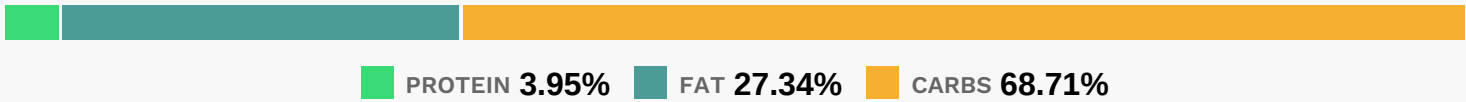
Directions

- ☐ Preheat oven to 35
- ☐ To prepare cake, coat a 9-inch square baking pan with cooking spray; dust with 1 tablespoon flour.
- ☐ Combine cranberries, dates, walnuts, and rind in a bowl. Melt 2 tablespoons butter in a small saucepan over medium heat. Stir in brown sugar, 2 tablespoons juice, and cinnamon; cook 3

minutes, stirring constantly.

- ☐ Pour brown sugar mixture into prepared pan.
- ☐ Sprinkle cranberry mixture evenly over brown sugar mixture.
- ☐ Lightly spoon 1 1/2 cups flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, and salt in a bowl, stirring well with a whisk.
- ☐ Place granulated sugar and remaining 6 tablespoons butter in a large bowl; beat with a mixer at medium speed until well blended.
- ☐ Add vanilla and egg; beat well.
- ☐ Add flour mixture and buttermilk alternately to granulated sugar mixture, beginning and ending with flour mixture. Spoon batter over cranberry mixture.
- ☐ Bake at 350 for 40 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 5 minutes on a wire rack; run a knife around outside edges. Invert cake onto a plate; cool.
- ☐ To prepare glaze, combine powdered sugar and remaining ingredients in a small bowl, stirring until smooth.
- ☐ Drizzle over cake.
- ☐ Cut cake into squares.

Nutrition Facts



Properties

Glycemic Index:48.84, Glycemic Load:23.49, Inflammation Score:-3, Nutrition Score:4.5678260352301%

Flavonoids

Cyanidin: 4.02mg, Cyanidin: 4.02mg, Cyanidin: 4.02mg, Cyanidin: 4.02mg Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 313.41kcal (15.67%), Fat: 9.75g (15%), Saturated Fat: 5.34g (33.36%), Carbohydrates: 55.12g (18.37%), Net Carbohydrates: 53.72g (19.53%), Sugar: 40.43g (44.92%), Cholesterol: 36.93mg (12.31%), Sodium: 214.37mg (9.32%), Alcohol: 0.11g (100%), Alcohol %: 0.15% (100%), Protein: 3.17g (6.33%), Manganese: 0.23mg (11.64%), Selenium: 7.55µg (10.78%), Vitamin B1: 0.14mg (9.66%), Folate: 36.46µg (9.11%), Vitamin B2: 0.12mg (6.99%), Iron: 1.1mg (6.12%), Vitamin A: 281.71IU (5.63%), Vitamin B3: 1.12mg (5.58%), Fiber: 1.4g (5.58%), Phosphorus: 47.23mg (4.72%), Calcium: 41.72mg (4.17%), Copper: 0.08mg (3.94%), Vitamin C: 2.98mg (3.61%), Magnesium: 11.44mg (2.86%), Potassium: 99.55mg (2.84%), Vitamin E: 0.41mg (2.73%), Vitamin B5: 0.24mg (2.36%), Vitamin B6: 0.04mg (2.19%), Zinc: 0.26mg (1.76%), Vitamin K: 1.4µg (1.33%)