



## Fresh Fig, Walnut, Rosemary Upside Down Cake And A Crisp Citrusy Chardonnay

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



426 kcal

### Ingredients

- 0.3 C butter unsalted
- 0.5 C brown sugar light
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- 10 figs fresh ripe halved
- 3 tsp rosemary leaves fresh divided finely chopped
- 4 tbsp walnut pieces
- 1 C flour sifted (sifting creates a lighter cake)
- 1 tsp double-acting baking powder

- 0.1 tsp salt
- 3 large eggs
- 1 C granulated sugar
- 2 tbsp juice of lemon fresh
- 1 tsp lemon extract
- 2 tbsp vodka
- 1 lemon zest
- 1 tsp vanilla extract

## Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- baking pan
- toothpicks
- microwave
- spatula

## Directions

- Position a rack in the center of the oven, and preheat to 350 degrees.
- Add butter to a 9 inch round baking pan and place inside of a warm oven until melted, about 5 minutes.
- Remove from oven and sprinkle brown sugar evenly over the butter.
- Add figs, flesh side up.
- Sprinkle with 1 tsp of the rosemary.
- Fill in the nooks and crannies with walnut pieces.
- In a medium bowl sift flour, baking powder, and salt together.

- In a separate bowl beat eggs with sugar at medium speed until creamy.
- Because I liked this cake better with the eggs added whole rather than separating and adding the egg whites at the end, I beat the eggs and sugar for an additional 3 minutes until they were frothy and small bubbles formed.
- Add the flour mixture to the creamed mixture and beat until well combined.
- Pour cake batter evenly over the fruit and smooth with a spatula.
- Bake for 35 to 40 minutes or until cake is golden and a toothpick into the center comes out clean.
- Place on a wire rack to cool for 10 minutes.
- Run a blunt knife around the edges of the pan to loosen the cake.
- Invert carefully onto a plate.
- Serve warm or at room temperature. Leftovers are yummy heated for about 15 seconds in the microwave!
- Delicious with a bold cup of java or a cool glass of Chardonnay like this one Edna Valley 2010 Paragon. Crisp, citrusy with a hint of peach and a small amount of spice. Great paring with the strong lemon base of this cake!

## Nutrition Facts



■ **PROTEIN 4.94%**
■ **FAT 23.44%**
■ **CARBS 71.62%**

### Properties

Glycemic Index:41.64, Glycemic Load:32.51, Inflammation Score:-4, Nutrition Score:8.0804347826087%

### Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg

### Taste

Sweetness: 100%, Saltiness: 12.2%, Sourness: 18.06%, Bitterness: 15.52%, Savoriness: 20.22%, Fattiness: 35.92%, Spiciness: 0%

## **Nutrients (% of daily need)**

Calories: 426.25kcal (21.31%), Fat: 11.24g (17.3%), Saturated Fat: 4.61g (28.8%), Carbohydrates: 77.28g (25.76%), Net Carbohydrates: 74.59g (27.12%), Sugar: 62.25g (69.17%), Cholesterol: 85mg (28.33%), Sodium: 133.91mg (5.82%), Alcohol: 1.43g (7.96%), Protein: 5.33g (10.66%), Manganese: 0.39mg (19.29%), Selenium: 11.98µg (17.12%), Vitamin B1: 0.19mg (12.45%), Vitamin B2: 0.21mg (12.42%), Folate: 47.68µg (11.92%), Fiber: 2.7g (10.79%), Calcium: 100.33mg (10.03%), Phosphorus: 96.23mg (9.62%), Iron: 1.73mg (9.61%), Copper: 0.18mg (8.9%), Vitamin B6: 0.15mg (7.59%), Vitamin A: 376.55IU (7.53%), Potassium: 256.17mg (7.32%), Magnesium: 27.62mg (6.91%), Vitamin B3: 1.29mg (6.43%), Vitamin B5: 0.63mg (6.26%), Vitamin C: 3.79mg (4.6%), Zinc: 0.62mg (4.16%), Vitamin K: 3.67µg (3.5%), Vitamin D: 0.48µg (3.21%), Vitamin E: 0.48mg (3.21%), Vitamin B12: 0.18µg (2.98%)