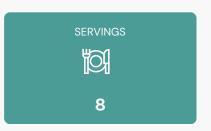


Fresh Fig, Walnut, Rosemary Upside Down Cake And A Crisp Citrusy Chardonnay

Vegetarian







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
Eq	uipment
	bowl
	frying pan
	oven
	knife
	wire rack
	baking pan
	toothpicks
	microwave
	spatula
Di	rections
	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.

Nutrition Facts
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!
Serve warm or at room temperature. Leftovers are yummy heated for about 15 seconds in the microwave!
Invert carefully onto a plate.
Run a blunt knife around the edges of the pan to loosen the cake.
Place on a wire rack to cool for 10 minutes.
Bake for 35 to 40 minutes or until cake is golden and a toothpick into the center comes out clean.
Pour cake batter evenly over the fruit and smooth with a spatula.
Add the flour mixture to the creamed mixture and beat until well combined.
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.
In a separate bowl beat eggs with sugar at medium speed until creamy.

Properties

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

PROTEIN 4.94% FAT 23.44% CARBS 71.62%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Pelargonidin: 0.01mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.31mg, Epicatechin: 0.31mg, Epica

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 B1: 0.18µg (2.98%)