



WHATSheATE



## Mango Upside Down Cake with Macadamia Nut



Vegetarian

READY IN



60 min.

SERVINGS



10

CALORIES



415 kcal

DESSERT

### Ingredients

- ☐ 1.5 teaspoon double-acting baking powder
- ☐ 210 g flour
- ☐ 170 g brown sugar light packed
- ☐ 0.8 cup macadamia nuts toasted roughly chopped
- ☐ 2 cup mangos peeled cut into 3/4-inch cubes
- ☐ 0.3 teaspoon salt
- ☐ 160 g butter unsalted salted divided

- ☐ 150 g sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 125 ml milk whole at room temperature

## Equipment

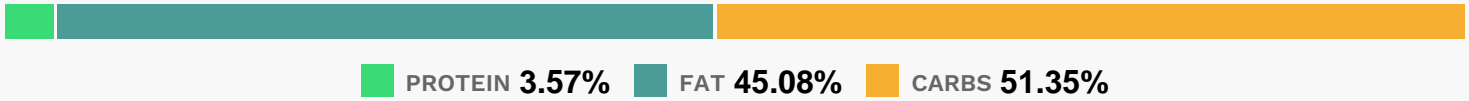
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ cake form
- ☐ microwave
- ☐ oven mitt

## Directions

- ☐ You have some latitude with the fruits that you use. Just make sure that whatever you use covers the bottom in a substantial layer, around double-thickness, since the fruit will cook down while baking and settle nicely into place. Berries and such as good nestled in the gaps between the slices of fruits. Melt 3 tablespoons (45g) of butter in a cast iron skillet.
- ☐ Add the brown sugar and cook while stirring, until the sugar is melted and begins to bubble.
- ☐ Remove from heat and let cool. Once cool, arrange the fruit in an even layer along the bottom of a 10-inch cake pan, or similarly sized cast iron skillet. Preheat the oven to 350F. In a large mixing bowl beat 8 tablespoons (115g) of butter and sugar until fluffy.
- ☐ Add the vanilla, then the eggs, one at a time, until smooth. In a separate bowl, whisk or sift together the flour, baking powder, and salt. Stir in half of the flour mixture, then the milk, then the remaining dry ingredients. Do not overmix: stir just until the flour is barely incorporated into the batter.
- ☐ Add the nuts and mix lightly to incorporate.
- ☐ Spread the batter over the fruit, then bake for 45 minutes to one hour (depending on the pan, and the thickness of the batter.) The cake is ready when it begins to pull away from the sides of the pan and the center feels just set.

Remove from oven, let cool about 20 minutes, then place a cake plate on top, and wearing oven mitts, flip the cake out on to the plate, taking care, as there may be some hot caramel that might escape.Serving: Upside Down Cake is best served warm, perhaps with whipped cream or vanilla ice cream. It can be made in advance, left in the pan, and rewarmed in the cake pan or skillet right before serving. It’s also very good rewarmed in a microwave, and served immediately.

Nutrition Facts



Properties

Glycemic Index:33.68, Glycemic Load:24.79, Inflammation Score:-6, Nutrition Score:8.5665217638016%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 414.67kcal (20.73%), Fat: 21.38g (32.9%), Saturated Fat: 9.73g (60.84%), Carbohydrates: 54.81g (18.27%), Net Carbohydrates: 52.85g (19.22%), Sugar: 37.18g (41.31%), Cholesterol: 35.95mg (11.98%), Sodium: 134.59mg (5.85%), Alcohol: 0.14g (100%), Alcohol %: 0.14% (100%), Protein: 3.81g (7.63%), Manganese: 0.59mg (29.65%), Vitamin B1: 0.3mg (20.15%), Vitamin A: 777.78IU (15.56%), Vitamin C: 12.13mg (14.71%), Folate: 54.38µg (13.59%), Selenium: 8.38µg (11.97%), Vitamin B2: 0.16mg (9.35%), Iron: 1.6mg (8.87%), Vitamin B3: 1.75mg (8.75%), Calcium: 84.62mg (8.46%), Fiber: 1.96g (7.84%), Copper: 0.16mg (7.75%), Phosphorus: 76.9mg (7.69%), Magnesium: 24.59mg (6.15%), Vitamin E: 0.74mg (4.94%), Potassium: 161.71mg (4.62%), Vitamin B6: 0.09mg (4.58%), Vitamin B5: 0.32mg (3.21%), Zinc: 0.38mg (2.55%), Vitamin D: 0.38µg (2.55%), Vitamin K: 2.61µg (2.48%), Vitamin B12: 0.1µg (1.61%)