



1%
HEALTH SCORE

Mangolicious Upside Down Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



343 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.7 cup brown sugar packed
- 0.7 cup brown sugar packed
- 0.3 cup butter melted ()
- 0.5 cup butter softened (1 stick)
- 0.5 tsp cinnamon
- 2 large eggs
- 1.3 cups flour all-purpose

- 0.7 cup granulated sugar
- 4 mangos divided pitted peeled sliced
- 0.5 teaspoon salt
- 1 teaspoon vanilla

Equipment

- food processor
- bowl
- frying pan
- paper towels
- oven
- knife
- hand mixer
- cake form

Directions

- Preheat oven to 350F. Butter 9x2-inch round cake pan. Pat slices of mango dry with paper towels. In small bowl, stir together butter and brown sugar and spread evenly in pan. Arrange mango pieces from two mangos on the sugar mixture. Reserve the rest for mango puree and set aside. In food processor, puree remaining mangos to make cup. In small bowl sift together the flour, baking powder, salt and cinnamon. In another bowl with electric mixer, cream butter and sugar until mixture is light and fluffy.
- Add eggs, one at a time, beating well after each addition. Beat in vanilla.
- Add flour mixture alternately in batches with pureed mangos. Beginning and ending with flour mixture and beating well after each addition.
- Pour batter into pan, spreading evenly.
- Bake cake in middle of oven for 45 to 55 minutes, or until it tests done.
- Let cake cool in the pan on a rack for 15 minutes. Run a thin knife around the edge and invert onto a platter.

Nutrition Facts



■ PROTEIN 3.64% ■ FAT 32.51% ■ CARBS 63.85%

Properties

Glycemic Index:32.82, Glycemic Load:20.3, Inflammation Score:-7, Nutrition Score:7.6226086956522%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg 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: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Taste

Sweetness: 100%, Saltiness: 6.1%, Sourness: 24.41%, Bitterness: 16.25%, Savoriness: 3.15%, Fattiness: 37.11%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 342.67kcal (17.13%), Fat: 12.73g (19.59%), Saturated Fat: 7.64g (47.74%), Carbohydrates: 56.29g (18.76%), Net Carbohydrates: 54.75g (19.91%), Sugar: 44.37g (49.3%), Cholesterol: 61.5mg (20.5%), Sodium: 243.25mg (10.58%), Protein: 3.21g (6.41%), Vitamin C: 25.12mg (30.45%), Vitamin A: 1146.45IU (22.93%), Folate: 59.68µg (14.92%), Selenium: 8.19µg (11.7%), Manganese: 0.18mg (8.83%), Vitamin B1: 0.13mg (8.83%), Vitamin B2: 0.14mg (8.25%), Vitamin E: 1.05mg (6.99%), Vitamin B3: 1.32mg (6.62%), Iron: 1.13mg (6.28%), Fiber: 1.54g (6.15%), Calcium: 58.91mg (5.89%), Copper: 0.12mg (5.78%), Vitamin B6: 0.11mg (5.65%), Phosphorus: 52.94mg (5.29%), Potassium: 179.47mg (5.13%), Vitamin K: 3.99µg (3.8%), Vitamin B5: 0.37mg (3.73%), Magnesium: 13.64mg (3.41%), Zinc: 0.29mg (1.94%), Vitamin B12: 0.1µg (1.64%), Vitamin D: 0.17µg (1.11%)