



Maple Bacon Upside Down Cake

READY IN



75 min.

SERVINGS



15

CALORIES



444 kcal

DESSERT

Ingredients

- ☐ 6 slices maple syrup
- ☐ 0.8 cup butter
- ☐ 1.5 cups pecans coarsely chopped
- ☐ 0.7 cup t brown sugar dark packed
- ☐ 0.5 cup maple syrup
- ☐ 1 teaspoon vanilla
- ☐ 1 box cake mix white
- ☐ 8 oz cream sour
- ☐ 0.5 cup milk

- ☐ 0.3 cup vegetable oil
- ☐ 3 eggs
- ☐ 0.5 teaspoon almond extract

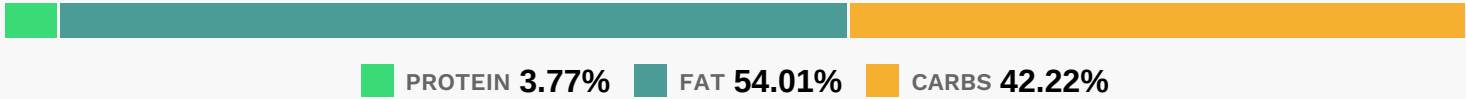
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. In 12-inch skillet, cook bacon until crisp; drain on paper towels. Tear bacon into pieces; set aside. Reserve 2 tablespoons drippings in skillet. Meanwhile, in 13x9-inch pan, melt butter in oven.
- ☐ Cook pecans in reserved bacon drippings over medium heat, stirring occasionally, until light brown.
- ☐ Add brown sugar, maple syrup and vanilla to pecans, stirring until sugar is dissolved.
- ☐ Pour mixture over butter in pan.
- ☐ In large bowl, beat cake mix, sour cream, milk, oil and eggs with electric mixer on low speed until moistened. Beat 2 minutes on medium speed; stir in almond extract.
- ☐ Pour batter over pecan mixture in pan.
- ☐ Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; run knife around sides of pan to loosen cake.
- ☐ Place heatproof serving plate upside down on pan; turn plate and pan over.
- ☐ Let pan remain over cake 1 minute so pecan mixture can drizzle over cake.
- ☐ Remove pan; sprinkle cake with bacon.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:11.4, Glycemic Load:2.93, Inflammation Score:-4, Nutrition Score:8.8834782294605%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

Nutrients (% of daily need)

Calories: 443.51kcal (22.18%), Fat: 27.2g (41.85%), Saturated Fat: 9.87g (61.71%), Carbohydrates: 47.84g (15.95%), Net Carbohydrates: 46.42g (16.88%), Sugar: 32.09g (35.65%), Cholesterol: 67.04mg (22.35%), Sodium: 335.88mg (14.6%), Alcohol: 0.14g (100%), Alcohol %: 0.15% (100%), Protein: 4.27g (8.55%), Manganese: 0.83mg (41.44%), Phosphorus: 186.61mg (18.66%), Vitamin B2: 0.31mg (18.32%), Calcium: 136.33mg (13.63%), Vitamin B1: 0.17mg (11.05%), Vitamin K: 11.29µg (10.76%), Selenium: 7.02µg (10.04%), Vitamin A: 444.63IU (8.89%), Copper: 0.17mg (8.64%), Vitamin E: 1.27mg (8.44%), Folate: 32.01µg (8%), Iron: 1.2mg (6.65%), Zinc: 0.94mg (6.27%), Magnesium: 24.02mg (6%), Fiber: 1.43g (5.7%), Vitamin B3: 1.01mg (5.03%), Vitamin B5: 0.44mg (4.37%), Potassium: 150.67mg (4.3%), Vitamin B6: 0.06mg (3.16%), Vitamin B12: 0.17µg (2.89%), Vitamin D: 0.27µg (1.77%)