



Maple Sweet Potato Upside-Down Cake

 Vegetarian

READY IN



155 min.

SERVINGS



12

CALORIES



400 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup cranberries dried
- ☐ 3 large eggs room temperature
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.5 teaspoon ground ginger

- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 cup maple syrup pure
- ☐ 12 servings mint sprigs fresh for garnish, optional
- ☐ 1.3 teaspoons orange extract
- ☐ 0.3 cup orange juice fresh
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 teaspoon sea salt fine
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 0.8 pound sweet potatoes and into divided peeled
- ☐ 12 tablespoons butter unsalted softened cut into 12 pieces
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.3 cup milk whole room temperature

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ toothpicks
- ☐ cake form
- ☐ spatula
- ☐ skewers

Directions

- ☐ Put an oven rack on the lower-middle position of the oven and preheat to 350 degrees F. Spray the sides of a 9-inch round nonstick cake pan with cooking spray.
- ☐ For the Spiced Sour Cream: In a medium bowl, mix together the sour cream, sugar, vanilla, cinnamon and ginger. Cover and refrigerate until serving.
- ☐ Put the orange juice and cranberries into a small bowl and let soak for 20 to 30 minutes.
- ☐ Pour the maple syrup evenly into the prepared pan.
- ☐ Sprinkle evenly with 1/4 of the cranberry mixture and 1/4 of the pecans. Shred enough of the sweet potato to make 1 cup and set aside. Slice the remaining sweet potato into 1/8-inch thick slices and lay the slices in a decorative pattern on top of syrup mixture.
- ☐ Sprinkle evenly with the remaining cranberry mixture and pecans. Set aside.
- ☐ In a medium bowl, whisk together the eggs, milk, and vanilla and orange extracts until evenly combined. Set aside.
- ☐ In the bowl of a standing mixer, add the flour, sugar, baking powder, cinnamon, nutmeg, ginger and salt. Using the paddle attachment, blend the mixture on the lowest speed for 1 to 2 minutes. With the mixer still on the lowest speed, add the butter, 1 piece at a time, until the butter and flour are blended into pea-sized pieces, about 3 to 4 minutes.
- ☐ Add 1/2 cup of the egg mixture to the flour and mix on the lowest speed until blended about 15 to 20 seconds. Increase speed by 1 setting and beat for about 30 seconds. With the mixer still running, add the remaining egg mixture in a slow, steady stream and beat for about 30 seconds. Stop the mixer and scrape the sides and bottom of the bowl with a rubber spatula. Beat again for 15 to 20 seconds until thoroughly blended.
- ☐ Remove the paddle, scraping down the bowl, as necessary. Gently stir in the reserved shredded sweet potato.
- ☐ Pour the batter over the mixture in the pan and smooth lightly with a rubber spatula.
- ☐ Bake for 25 minutes then lower the oven temperature to 325 degrees F.
- ☐ Bake until a toothpick or wooden skewer inserted in the center comes out clean.
- ☐ Remove from oven to a wire rack for 15 to 20 minutes. Invert onto a serving plate and serve warm or at room temperature.
- ☐ Garnish with dollops of spiced sour cream and mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:48.47, Glycemic Load:27.59, Inflammation Score:-10, Nutrition Score:12.938695492952%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 399.61kcal (19.98%), Fat: 20.09g (30.91%), Saturated Fat: 9.99g (62.43%), Carbohydrates: 51.67g (17.22%), Net Carbohydrates: 49.37g (17.95%), Sugar: 32.33g (35.93%), Cholesterol: 88.72mg (29.57%), Sodium: 178.08mg (7.74%), Alcohol: 0.23g (100%), Alcohol %: 0.2% (100%), Protein: 4.97g (9.95%), Vitamin A: 4626.28IU (92.53%), Manganese: 0.84mg (41.85%), Vitamin B2: 0.38mg (22.6%), Selenium: 10.68µg (15.26%), Vitamin B1: 0.2mg (13.57%), Folate: 42.95µg (10.74%), Phosphorus: 102.29mg (10.23%), Calcium: 94.11mg (9.41%), Fiber: 2.3g (9.2%), Iron: 1.45mg (8.05%), Copper: 0.15mg (7.39%), Potassium: 239.28mg (6.84%), Vitamin B5: 0.66mg (6.57%), Magnesium: 25.74mg (6.43%), Vitamin B3: 1.27mg (6.35%), Vitamin B6: 0.12mg (5.81%), Vitamin E: 0.8mg (5.31%), Zinc: 0.79mg (5.29%), Vitamin C: 3.83mg (4.64%), Vitamin D: 0.53µg (3.56%), Vitamin B12: 0.21µg (3.53%), Vitamin K: 2.55µg (2.43%)