

Orange-Cranberry Upside-Down Cake

READY IN



60 min.

SERVINGS



15

CALORIES



324 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 1 cup brown sugar packed
- 2 tablespoons butter melted
- 2 cups cranberries fresh halved
- 2 eggs
- 0.5 cup evaporated milk
- 2 cups flour all-purpose
- 2 medium navel oranges peeled chopped

- 0.5 cup orange juice
- 2 teaspoons orange zest grated
- 0.5 teaspoon salt
- 0.8 cup shortening
- 1.3 cups sugar

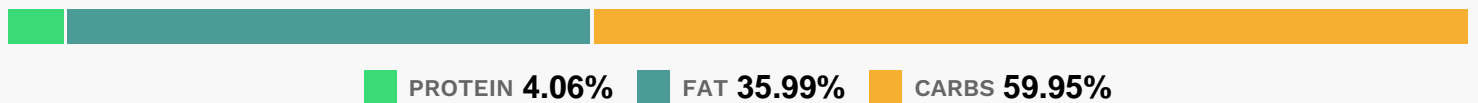
Equipment

- bowl
- frying pan
- oven
- knife
- baking pan
- toothpicks

Directions

- Combine the brown sugar and butter; spread evenly into a greased 13-in. x 9-in. baking dish.
- Sprinkle with cranberries and oranges; set aside.
- In a bowl, cream shortening and sugar. Beat in eggs and orange peel.
- Combine the flour, baking powder, salt and baking soda; add to creamed mixture alternately with milk and orange juice.
- Spread over cranberry mixture.
- Bake at 375° for 35–40 minutes or until a toothpick inserted into the cake comes out clean. Run a knife around edges of pan; immediately invert onto a serving plate.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:25.61, Glycemic Load:21.91, Inflammation Score:-3, Nutrition Score:6.1321739398915%

Flavonoids

Cyanidin: 6.19mg, Cyanidin: 6.19mg, Cyanidin: 6.19mg, Cyanidin: 6.19mg Delphinidin: 1.02mg, Delphinidin: 1.02mg, Delphinidin: 1.02mg, Delphinidin: 1.02mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.55mg, Peonidin: 6.55mg, Peonidin: 6.55mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 5.07mg, Hesperetin: 5.07mg, Hesperetin: 5.07mg Naringenin: 1.5mg, Naringenin: 1.5mg, Naringenin: 1.5mg, Naringenin: 1.5mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 323.83kcal (16.19%), Fat: 13.24g (20.36%), Saturated Fat: 4.12g (25.77%), Carbohydrates: 49.61g (16.54%), Net Carbohydrates: 48.22g (17.54%), Sugar: 34.62g (38.47%), Cholesterol: 28.27mg (9.42%), Sodium: 187.09mg (8.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.72%), Vitamin C: 17.55mg (21.28%), Selenium: 7.96µg (11.38%), Folate: 43.17µg (10.79%), Vitamin B1: 0.16mg (10.75%), Vitamin B2: 0.15mg (9.08%), Manganese: 0.18mg (9.03%), Calcium: 82.42mg (8.24%), Phosphorus: 66.61mg (6.66%), Vitamin E: 0.96mg (6.43%), Iron: 1.14mg (6.36%), Vitamin K: 6.38µg (6.07%), Vitamin B3: 1.15mg (5.75%), Fiber: 1.39g (5.55%), Vitamin B5: 0.41mg (4.13%), Potassium: 130.54mg (3.73%), Vitamin A: 170.16IU (3.4%), Magnesium: 11.71mg (2.93%), Copper: 0.06mg (2.82%), Vitamin B6: 0.05mg (2.69%), Zinc: 0.3mg (1.98%), Vitamin B12: 0.07µg (1.15%)