



Orange Upside-Down Cake



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



129 kcal

DESSERT

Ingredients

- ☐ 0.5 ounce active yeast dry
- ☐ 2 tablespoons trans-free margarine
- ☐ 2 large eggs separated
- ☐ 0.7 cup cornmeal yellow stone-ground
- ☐ 1 large thin-skinned orange such as valencia
- ☐ 2 teaspoons orange zest finely grated
- ☐ 2 tablespoons skim milk
- ☐ 0.3 cup sugar

- ☐ 2 teaspoons vanilla extract pure

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife

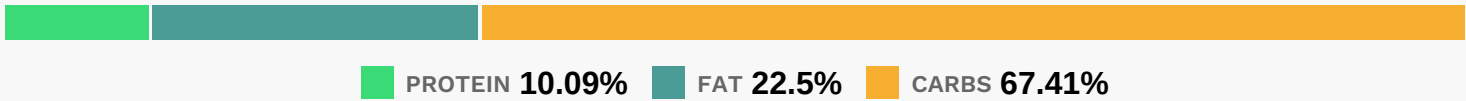
Directions

- ☐ Preheat the oven to 350°F.
- ☐ Wash the orange.
- ☐ Cut off and discard the ends.
- ☐ Cut the orange crosswise into slices about 1/4 inch thick.
- ☐ Remove any seeds. Put in the skillet, add 1/4 cup water, and sprinkle with sugar. Bring the mixture to a boil over high heat, gently stirring to keep the fruit from sticking. Cook until the liquid is almost gone and the orange slices are caramelized. With a fork, move the orange slices into an attractive pattern in the bottom of the skillet.
- ☐ In a small saucepan, heat the milk until warm but not hot.
- ☐ Remove from heat and add 1 teaspoon of the sugar and the yeast. Stir until the yeast is dissolved.
- ☐ Set aside.
- ☐ In a large bowl, beat together the 2 egg yolks, the remaining sugar, and the margarine until pale yellow and thick.
- ☐ Add the orange zest and vanilla; mix well. Sift the cornmeal into the egg mixture, stirring constantly. Stir in the yeast mixture, which should now be frothy.
- ☐ In a clean bowl, beat all 4 egg whites until they form stiff peaks. Stir a third of the beaten whites into the cornmeal mixture. Carefully fold in the remaining whites. Spoon the batter in dollops over the orange slices in the skillet. Smooth the top.
- ☐ Bake for 25 to 30 minutes, until a cake tester inserted in the middle comes out clean. Run a knife between the sides of the skillet and the cake. Cool on a rack for 10 minutes. Hold a flat

serving plate over the skillet and invert the cake.

- ☐ Serve while still warm.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook by Cleveland Clinic Heart Center Copyright (c) 2007 by Cleveland Clinic Heart Center Published by Broadway Books. Bonnie Sanders Polin, Ph.D., and Frances Towner Giedt won a James Beard Award for The Joslin Diabetes Gourmet Cookbook. They are also the authors of The Joslin Diabetes Quick and Easy Cookbook, The Joslin Diabetes Healthy Carbohydrate Cookbook, and The Joslin Diabetes Great Chefs Cook Healthy Cookbook. Bonnie Polin lives in Tulsa, Oklahoma, and Frances Giedt lives in Arlington, Texas. Steven E. Nissen, MD, is chairman of the Department of Cardiovascular Medicine at Cleveland Clinic Heart and Vascular Institute and the current president of the American College of Cardiology.

Nutrition Facts



Properties

Glycemic Index:26.79, Glycemic Load:12.56, Inflammation Score:-4, Nutrition Score:5.4065217621948%

Flavonoids

Hesperetin: 6.27mg, Hesperetin: 6.27mg, Hesperetin: 6.27mg, Hesperetin: 6.27mg Naringenin: 3.52mg, Naringenin: 3.52mg, Naringenin: 3.52mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 128.87kcal (6.44%), Fat: 3.25g (5%), Saturated Fat: 0.75g (4.66%), Carbohydrates: 21.9g (7.3%), Net Carbohydrates: 19.58g (7.12%), Sugar: 11.05g (12.28%), Cholesterol: 0.11mg (0.04%), Sodium: 39.46mg (1.72%), Alcohol: 0.34g (100%), Alcohol %: 0.69% (100%), Protein: 3.28g (6.56%), Vitamin B1: 0.26mg (17.19%), Vitamin C: 12.92mg (15.66%), Folate: 53.42µg (13.36%), Fiber: 2.33g (9.31%), Vitamin B2: 0.14mg (8.03%), Vitamin B6: 0.12mg (6.11%), Vitamin B3: 1.13mg (5.63%), Vitamin E: 0.77mg (5.12%), Phosphorus: 49.87mg (4.99%), Manganese: 0.1mg (4.99%), Magnesium: 19.02mg (4.76%), Vitamin B5: 0.41mg (4.07%), Selenium: 2.83µg (4.04%), Zinc: 0.59mg (3.93%), Vitamin A: 195.16IU (3.9%), Potassium: 124.61mg (3.56%), Copper: 0.05mg (2.69%), Iron: 0.47mg (2.63%), Vitamin K: 1.98µg (1.88%), Calcium: 17.05mg (1.71%)