



Orange Upside-down Cake

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



350 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.8 cup butter
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1.5 teaspoons orange peel
- ☐ 4 oranges
- ☐ 0.3 cup sugar
- ☐ 1 cup sugar

- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup water

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife

Directions

- ☐ Rinse 4 oranges (each about 3 in. wide).
- ☐ Cut off and discard ends from 1 orange, then cut fruit crosswise into slices about 1/4 inch thick. Put in a 10-inch ovenproof nonstick frying pan (with curved sides).
- ☐ To frying pan, add 1/4 cup water and 1/4 cup sugar and boil over high heat, shaking to mix fruit, until liquid is almost gone and oranges are slightly caramelized, 6 to 8 minutes. With a fork, push slices into a neat pattern in bottom of pan.
- ☐ Meanwhile, grate 1 1/2 teaspoons peel from another orange. In a food processor, combine grated peel, 3/4 cup (3/8 lb.) butter or margarine, 1 cup sugar, 2 cups all-purpose flour, and 2 teaspoons baking powder. Whirl to mix, then add 2 large eggs and 1 teaspoon vanilla. Whirl until smoothly blended. Spoon thick batter in dollops over orange slices in pan.
- ☐ Bake in a 350 oven until top is well browned and cake begins to pull away from pan sides, about 45 minutes (about 30 minutes in a convection oven).
- ☐ Remove from oven and let stand about 10 minutes.
- ☐ As cake bakes, cut peel and white membrane from all 3 of the remaining oranges and slice fruit crosswise; put fruit in a bowl.
- ☐ Run a thin knife between pan sides and cake. Hold a flat plate over pan and invert to release cake.
- ☐ Serve warm or cool in wedges with reserved peeled orange slices.

Nutrition Facts



 PROTEIN **5.04%**  FAT **38%**  CARBS **56.96%**

Properties

Glycemic Index:34.97, Glycemic Load:33.55, Inflammation Score:-6, Nutrition Score:8.2704349280052%

Flavonoids

Hesperetin: 14.28mg, Hesperetin: 14.28mg, Hesperetin: 14.28mg, Hesperetin: 14.28mg Naringenin: 8.03mg, Naringenin: 8.03mg, Naringenin: 8.03mg, Naringenin: 8.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 350.45kcal (17.52%), Fat: 15.04g (23.15%), Saturated Fat: 3.2g (20.02%), Carbohydrates: 50.73g (16.91%), Net Carbohydrates: 48.77g (17.73%), Sugar: 30g (33.34%), Cholesterol: 37.2mg (12.4%), Sodium: 260.64mg (11.33%), Alcohol: 0.14g (100%), Alcohol %: 0.13% (100%), Protein: 4.49g (8.99%), Vitamin C: 28.32mg (34.33%), Selenium: 11.96µg (17.09%), Folate: 66.43µg (16.61%), Vitamin B1: 0.25mg (16.53%), Vitamin A: 782.14IU (15.64%), Vitamin B2: 0.2mg (11.87%), Manganese: 0.19mg (9.42%), Calcium: 83.38mg (8.34%), Iron: 1.49mg (8.28%), Vitamin B3: 1.64mg (8.2%), Fiber: 1.97g (7.86%), Phosphorus: 75.67mg (7.57%), Vitamin E: 0.74mg (4.95%), Potassium: 144.43mg (4.13%), Vitamin B5: 0.41mg (4.1%), Copper: 0.07mg (3.51%), Magnesium: 12.84mg (3.21%), Vitamin B6: 0.06mg (3.08%), Zinc: 0.34mg (2.3%), Vitamin B12: 0.11µg (1.77%), Vitamin D: 0.2µg (1.33%)