



Peach-Almond Upside-Down Cake

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



444 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 4 medium nectarines pitted cut into 6 wedges each
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 1 stick butter unsalted plus more for the pan at room temperature

- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup almonds whole
- ☐ 0.8 cup milk whole

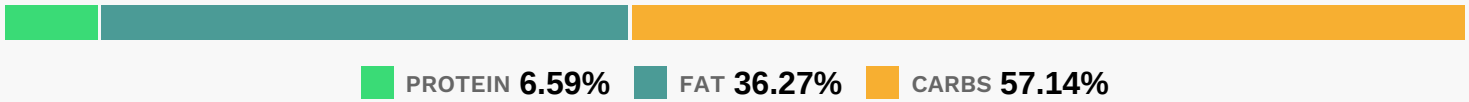
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Preheat the oven to 350 degrees F. Lightly butter a 9-inch-round cake pan. Melt 1 tablespoon butter in a medium skillet over medium heat.
- ☐ Add 3/4 cup sugar and 1 tablespoon water and cook, stirring occasionally, until smooth and deep golden brown, 8 to 11 minutes.
- ☐ Pour the mixture into the prepared pan and tilt to coat the bottom. Arrange the peach wedges snugly in the bottom of the pan in a single layer, cutting to fit if needed.
- ☐ Combine the flour, almonds, baking powder and salt in a food processor and pulse until the almonds are finely ground.
- ☐ Beat the remaining 7 tablespoons butter and 3/4 cup sugar in a large bowl with a mixer on medium-high speed until light and fluffy, about 4 minutes.
- ☐ Add the eggs, one at a time, beating well after each addition. Beat in the vanilla and almond extracts. Beat in the flour mixture in 3 batches, alternating with the milk and beginning and ending with the flour mixture; beat in each addition until just incorporated.
- ☐ Spread the batter evenly in the prepared pan and bake until golden and a toothpick inserted into the center comes out clean, about 45 minutes.
- ☐ Transfer to a rack and let cool 30 minutes. Invert onto a plate and let cool completely.
- ☐ Serve with ice cream.

Nutrition Facts



Properties

Glycemic Index:41.01, Glycemic Load:42.2, Inflammation Score:-6, Nutrition Score:10.638261059056%

Flavonoids

Cyanidin: 1.73mg, Cyanidin: 1.73mg, Cyanidin: 1.73mg, Cyanidin: 1.73mg Catechin: 2.23mg, Catechin: 2.23mg, Catechin: 2.23mg, Catechin: 2.23mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 443.61kcal (22.18%), Fat: 18.39g (28.29%), Saturated Fat: 8.45g (52.8%), Carbohydrates: 65.17g (21.72%), Net Carbohydrates: 62.36g (22.68%), Sugar: 44.68g (49.65%), Cholesterol: 79.61mg (26.54%), Sodium: 289.54mg (12.59%), Alcohol: 0.13g (100%), Alcohol %: 0.09% (100%), Protein: 7.51g (15.03%), Vitamin E: 3.21mg (21.37%), Manganese: 0.41mg (20.51%), Vitamin B2: 0.34mg (19.87%), Selenium: 12.95µg (18.5%), Vitamin B1: 0.25mg (16.33%), Phosphorus: 159.94mg (15.99%), Folate: 57.38µg (14.35%), Vitamin A: 693.35IU (13.87%), Vitamin B3: 2.54mg (12.72%), Calcium: 126.77mg (12.68%), Fiber: 2.82g (11.27%), Iron: 1.98mg (11.02%), Magnesium: 40.52mg (10.13%), Copper: 0.2mg (9.93%), Potassium: 240.09mg (6.86%), Zinc: 0.86mg (5.76%), Vitamin B5: 0.57mg (5.69%), Vitamin D: 0.71µg (4.76%), Vitamin B12: 0.26µg (4.31%), Vitamin B6: 0.08mg (3.8%), Vitamin C: 2.06mg (2.5%), Vitamin K: 2.59µg (2.46%)