



Peach and Pecan Upside-Down Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



360 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 large eggs
- ☐ 0.5 cup brown sugar packed ()
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.8 teaspoon ground nutmeg
- ☐ 14 ounces peaches pitted peeled halved cut into 6 wedges
- ☐ 0.5 cup pecans
- ☐ 0.3 teaspoon salt

- ☐ 1 cup sugar
- ☐ 10 servings whipped cream sweetened
- ☐ 1.5 cups unbleached all purpose flour
- ☐ 0.5 cup butter unsalted room temperature (1 stick)
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup milk whole

Equipment

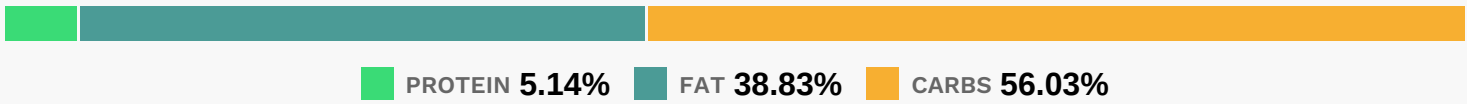
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ hand mixer
- ☐ cake form
- ☐ spatula
- ☐ offset spatula
- ☐ oven mitt

Directions

- ☐ Melt butter in medium saucepan over medium heat.
- ☐ Add brown sugar; whisk until sugar dissolves, about 1 minute.
- ☐ Pour mixture into 9-inch-diameter cake pan with 2-inch-high sides; spread evenly over bottom of pan (layer will be thin). Arrange pecan halves, side by side with round sides down, in circle around outer edge of pan bottom. Arrange peach wedges, slightly overlapping, inside circle of pecans, covering pan bottom. Set aside while making cake batter.
- ☐ Position rack in center of oven; preheat to 350°F.
- ☐ Combine first 6 ingredients in processor. Blend until nuts are finely ground. Using electric mixer, beat sugar and butter in large bowl until butter is pale in color, about 4 minutes.

- ☐ Whisk eggs and vanilla in small bowl until well blended.
- ☐ Add egg mixture to butter mixture, 1 tablespoon at a time, beating until well blended after each addition.
- ☐ Add flour mixture in 3 additions alternately with milk in 2 additions, beating just until blended after each addition. Drop batter by large spoonfuls atop pecans and peaches in pan; spread evenly and gently with offset spatula or rubber spatula.
- ☐ Bake cake until golden brown and tester inserted into center comes out clean, about 55 minutes.
- ☐ Transfer cake to rack; cool in pan 25 to 30 minutes (do not cool longer or peach layer may stick to pan). Run small knife around sides of cake to loosen.
- ☐ Place serving platter atop cake pan. Using oven mitts, firmly hold cake pan and platter together and invert cake onto platter.
- ☐ Let cake rest 1 minute, then very slowly lift off pan. If necessary, rearrange any peach wedges or pecans that may have become dislodged.
- ☐ Let cool to room temperature.
- ☐ Cut cake into wedges.
- ☐ Serve with vanilla ice cream or whipped cream.

Nutrition Facts



Properties

Glycemic Index:38.03, Glycemic Load:16.12, Inflammation Score:-4, Nutrition Score:7.1834783139436%

Flavonoids

Cyanidin: 1.29mg, Cyanidin: 1.29mg, Cyanidin: 1.29mg, Cyanidin: 1.29mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 359.89kcal (17.99%), Fat: 15.86g (24.39%), Saturated Fat: 7.58g (47.39%), Carbohydrates: 51.48g (17.16%), Net Carbohydrates: 49.82g (18.12%), Sugar: 35.46g (39.4%), Cholesterol: 67.63mg (22.54%), Sodium: 130.02mg (5.65%), Alcohol: 0.28g (100%), Alcohol %: 0.26% (100%), Protein: 4.73g (9.45%), Manganese: 0.41mg (20.52%), Selenium: 11.14µg (15.91%), Vitamin B1: 0.2mg (13.58%), Vitamin B2: 0.19mg (10.96%), Folate: 43.23µg (10.81%), Vitamin A: 531.48IU (10.63%), Phosphorus: 92.51mg (9.25%), Iron: 1.46mg (8.09%), Vitamin B3: 1.53mg (7.66%), Calcium: 71.49mg (7.15%), Copper: 0.14mg (6.81%), Fiber: 1.66g (6.65%), Vitamin E: 0.82mg (5.45%), Magnesium: 18.37mg (4.59%), Zinc: 0.67mg (4.46%), Vitamin B5: 0.43mg (4.3%), Potassium: 149.68mg (4.28%), Vitamin D: 0.53µg (3.52%), Vitamin B12: 0.19µg (3.19%), Vitamin B6: 0.06mg (3.05%), Vitamin K: 2.43µg (2.31%), Vitamin C: 1.69mg (2.05%)