



Peach-Berry Upside-Down Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



266 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup blueberries
- ☐ 3 tablespoons brown sugar
- ☐ 5 tablespoons butter divided softened
- ☐ 1 large eggs
- ☐ 2 large egg whites
- ☐ 6 ounces flour all-purpose

- ☐ 0.8 cup granulated sugar
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.7 cup buttermilk low-fat
- ☐ 1 peaches pitted peeled thinly sliced
- ☐ 0.3 cup raspberries
- ☐ 0.1 teaspoon salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

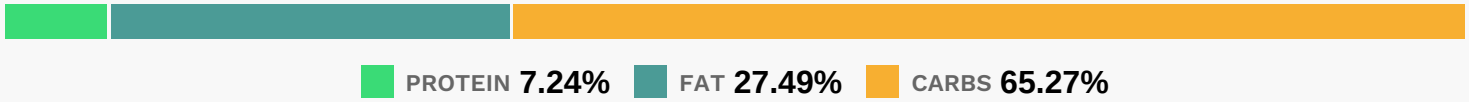
Directions

- ☐ Preheat oven to 35
- ☐ Melt 1 tablespoon butter in a 10-inch cast-iron skillet over medium heat; sprinkle brown sugar evenly in pan.
- ☐ Remove from heat. Arrange peach slices in a circle in center of pan; scatter blueberries and raspberries evenly around peach slices. Set aside.
- ☐ Place remaining 1/4 cup butter and granulated sugar in a large bowl; beat with a mixer at medium speed until well blended.
- ☐ Add rind, juice, egg whites, and egg; beat well. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, baking soda, and salt, stirring well with a whisk.

- ☐
- Add flour mixture and buttermilk alternately to sugar mixture, beginning and ending with flour mixture.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:49.17, Glycemic Load:26.07, Inflammation Score:-4, Nutrition Score:5.9604347296383%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Petunidin: 2.93mg, Petunidin: 2.93mg, Petunidin: 2.93mg Delphinidin: 3.33mg, Delphinidin: 3.33mg, Delphinidin: 3.33mg, Delphinidin: 3.33mg Malvidin: 6.26mg, Malvidin: 6.26mg, Malvidin: 6.26mg, Malvidin: 6.26mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 266.47kcal (13.32%), Fat: 8.3g (12.77%), Saturated Fat: 4.87g (30.41%), Carbohydrates: 44.34g (14.78%), Net Carbohydrates: 42.98g (15.63%), Sugar: 26.9g (29.89%), Cholesterol: 42.86mg (14.29%), Sodium: 257.39mg (11.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.84%), Selenium: 11.85µg (16.92%), Vitamin B2: 0.22mg (12.86%), Vitamin B1: 0.19mg (12.45%), Folate: 46.36µg (11.59%), Manganese: 0.22mg (10.98%), Vitamin B3: 1.5mg (7.52%), Iron: 1.32mg (7.31%), Phosphorus: 71.37mg (7.14%), Vitamin A: 329.41IU (6.59%), Calcium: 61.24mg (6.12%), Fiber: 1.35g (5.42%), Vitamin C: 3.9mg (4.72%), Potassium: 121.56mg (3.47%), Vitamin E: 0.52mg (3.45%), Copper: 0.07mg (3.33%), Vitamin B5: 0.33mg (3.31%), Vitamin K: 3.36µg (3.2%), Magnesium: 12.25mg (3.06%), Zinc: 0.4mg (2.68%), Vitamin B6: 0.04mg (2.11%), Vitamin B12: 0.12µg (2.03%)