



Peach-Blueberry Upside-Down Cake

READY IN



50 min.

SERVINGS



8

CALORIES



235 kcal

DESSERT

Ingredients

- 2 tablespoons butter
- 0.3 cup brown sugar packed
- 1 tablespoon orange zest grated
- 2 cups peaches frozen dry thawed
- 0.5 cup blueberries fresh
- 1 cup flour all-purpose
- 1 teaspoon double-acting baking powder
- 0.3 teaspoon salt
- 3 tablespoons butter

- 0.5 cup granulated sugar
- 0.3 cup egg whites (from 16-oz carton)
- 2 tablespoons apple sauce
- 1 teaspoon vanilla
- 0.3 cup skim milk fat-free (skim)
- 0.5 cup cool whip frozen thawed

Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks
- cake form

Directions

- Heat oven to 350°F.
- Place 2 tablespoons butter in 9-inch round cake pan; heat in oven until butter is melted.
- Sprinkle brown sugar and orange peel over melted butter. Arrange peaches over top; sprinkle with blueberries.
- In small bowl, mix flour, baking powder and salt; set aside.
- In medium bowl, beat 3 tablespoons butter and the granulated sugar with electric mixer on medium speed until creamy. Beat in egg whites, applesauce and vanilla until smooth. Alternately add flour mixture and milk in 2 additions. Spoon batter over fruit mixture in pan; spread evenly.
- Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes. Turn cake upside down onto heatproof serving plate.
- Serve warm with whipped topping.

Nutrition Facts



■ PROTEIN 6.23% ■ FAT 28.69% ■ CARBS 65.08%

Properties

Glycemic Index:43.82, Glycemic Load:19.43, Inflammation Score:-5, Nutrition Score:5.2126087053962%

Flavonoids

Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg Catechin: 2.41mg, Catechin: 2.41mg, Catechin: 2.41mg, Catechin: 2.41mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 235.21kcal (11.76%), Fat: 7.64g (11.75%), Saturated Fat: 1.64g (10.22%), Carbohydrates: 38.98g (12.99%), Net Carbohydrates: 37.62g (13.68%), Sugar: 25.09g (27.88%), Cholesterol: 1.06mg (0.35%), Sodium: 240.15mg (10.44%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 3.73g (7.46%), Selenium: 8.66µg (12.37%), Vitamin B2: 0.19mg (11.04%), Vitamin B1: 0.15mg (10.08%), Vitamin A: 476.76IU (9.54%), Manganese: 0.17mg (8.49%), Folate: 33.36µg (8.34%), Vitamin B3: 1.33mg (6.66%), Calcium: 62.98mg (6.3%), Iron: 1.02mg (5.65%), Phosphorus: 55.7mg (5.57%), Fiber: 1.36g (5.45%), Vitamin C: 3.55mg (4.3%), Vitamin E: 0.63mg (4.18%), Potassium: 127.71mg (3.65%), Copper: 0.07mg (3.38%), Vitamin K: 3.02µg (2.88%), Magnesium: 11.14mg (2.79%), Vitamin B12: 0.15µg (2.44%), Vitamin B5: 0.22mg (2.16%), Vitamin B6: 0.04mg (1.98%), Zinc: 0.28mg (1.89%)