



Peach-Cranberry Upside-Down Cake

READY IN



45 min.

SERVINGS



8

CALORIES



283 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.8 cup firmly brown sugar packed
- ☐ 1.3 cups cake flour sifted
- ☐ 1 cup cranberries
- ☐ 2 egg whites at room temperature ()
- ☐ 1 cup peaches frozen thawed sliced
- ☐ 0.3 cup nonfat yogurt plain
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup skim milk

- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon vegetable oil
- ☐ 3 tablespoons vegetable oil
- ☐ 2 teaspoons water

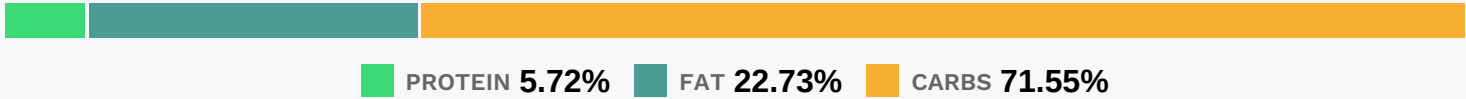
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ cake form

Directions

- ☐ Combine first 3 ingredients in a small saucepan; stir well.
- ☐ Place over medium heat, and cook 5 minutes or until sugar dissolves, stirring occasionally.
- ☐ Pour mixture into a 9-inch round cake pan. Arrange peach slices spoke-fashion over brown sugar mixture, working from the center of the pan to the edge.
- ☐ Sprinkle cranberries over peaches; set aside.
- ☐ Combine sugar, milk, yogurt, 3 tablespoons oil, and vanilla in a small bowl; stir well with a wire whisk.
- ☐ Combine flour, baking powder, and salt in a large bowl; stir well.
- ☐ Add milk mixture to dry ingredients; beat at low speed of a mixer until well-blended. Set aside.
- ☐ Beat egg whites at high speed of a mixer until stiff peaks form. Gently fold egg white mixture into batter.
- ☐ Pour batter evenly over fruit.
- ☐ Bake at 350 for 40 minutes or until a wooden pick inserted in center of cake comes out clean. Immediately invert cake onto a serving platter.

Nutrition Facts



Properties

Glycemic Index:43.45, Glycemic Load:19.23, Inflammation Score:-2, Nutrition Score:4.3517391500266%

Flavonoids

Cyanidin: 6.17mg, Cyanidin: 6.17mg, Cyanidin: 6.17mg, Cyanidin: 6.17mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 283.32kcal (14.17%), Fat: 7.27g (11.18%), Saturated Fat: 1.1g (6.89%), Carbohydrates: 51.44g (17.15%), Net Carbohydrates: 50.24g (18.27%), Sugar: 35.78g (39.76%), Cholesterol: 0.38mg (0.13%), Sodium: 93.47mg (4.06%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Protein: 4.12g (8.23%), Selenium: 10.42µg (14.89%), Vitamin K: 13.78µg (13.13%), Manganese: 0.23mg (11.39%), Vitamin E: 0.94mg (6.27%), Calcium: 62.62mg (6.26%), Phosphorus: 52.23mg (5.22%), Vitamin B2: 0.08mg (4.94%), Fiber: 1.21g (4.83%), Potassium: 126.03mg (3.6%), Copper: 0.07mg (3.59%), Vitamin C: 2.61mg (3.16%), Magnesium: 12.37mg (3.09%), Vitamin B5: 0.27mg (2.7%), Iron: 0.47mg (2.59%), Folate: 9.3µg (2.33%), Zinc: 0.34mg (2.27%), Vitamin B3: 0.41mg (2.07%), Vitamin B1: 0.03mg (2%), Vitamin B6: 0.04mg (1.83%), Vitamin A: 86.8IU (1.74%), Vitamin B12: 0.1µg (1.63%)