



Peach Upside-Down Cake

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



308 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup butter softened
- 6 tablespoons mrs richardson's butterscotch caramel sauce fat-free warmed
- 1 teaspoon cornstarch
- 1 large eggs
- 1.3 cups flour all-purpose
- 2.3 cups vanilla yogurt fat-free frozen

- 1 teaspoon juice of lemon
- 2 teaspoons lemon zest grated
- 0.8 cup buttermilk low-fat
- 1.5 pounds peaches peeled thinly sliced
- 0.1 teaspoon salt
- 0.7 cup sugar
- 1 tablespoon sugar
- 1 teaspoon vanilla extract

Equipment

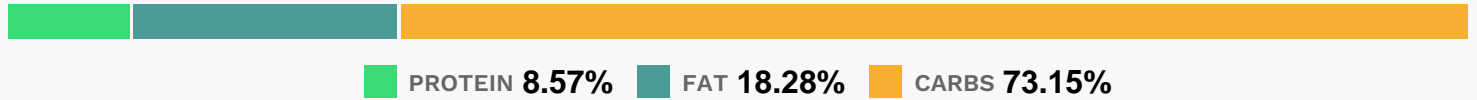
- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- blender
- cake form
- measuring cup

Directions

- Preheat oven to 35
- Combine the first 4 ingredients in a bowl. Spoon into a 9-inch round cake pan coated with cooking spray.
- Place 2/3 cup sugar and next 4 ingredients (2/3 cup sugar through egg) in a large bowl; beat with a mixer at medium speed until well blended (for about 5 minutes). 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 the flour mixture to sugar mixture alternately with buttermilk, beginning and ending with flour mixture; mix after each addition.

- Spoon batter over peach mixture in pan.
- Bake at 350 for 45 minutes or until a wooden pick inserted in center comes out clean. Cool for 10 minutes in pan on a wire rack.
- Place a plate upside down on top of cake, and invert onto plate.
- Serve warm with frozen yogurt and the caramel syrup.

Nutrition Facts



Properties

Glycemic Index:44.16, Glycemic Load:23.59, Inflammation Score:-5, Nutrition Score:8.1186956737352%

Flavonoids

Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 307.95kcal (15.4%), Fat: 6.41g (9.86%), Saturated Fat: 3.66g (22.88%), Carbohydrates: 57.7g (19.23%), Net Carbohydrates: 56.04g (20.38%), Sugar: 42.81g (47.57%), Cholesterol: 36.25mg (12.08%), Sodium: 309.66mg (13.46%), Alcohol: 0.15g (100%), Alcohol %: 0.09% (100%), Protein: 6.76g (13.53%), Selenium: 13.6µg (19.43%), Vitamin B2: 0.28mg (16.57%), Calcium: 160.07mg (16.01%), Phosphorus: 153.67mg (15.37%), Vitamin B1: 0.19mg (12.58%), Folate: 46.06µg (11.51%), Manganese: 0.2mg (9.83%), Vitamin A: 463.03IU (9.26%), Vitamin B3: 1.72mg (8.59%), Potassium: 280.18mg (8.01%), Iron: 1.28mg (7.09%), Vitamin B12: 0.42µg (6.93%), Fiber: 1.65g (6.62%), Zinc: 0.91mg (6.09%), Magnesium: 23mg (5.75%), Vitamin C: 4.58mg (5.56%), Vitamin E: 0.82mg (5.48%), Copper: 0.1mg (4.95%), Vitamin B5: 0.36mg (3.62%), Vitamin B6: 0.07mg (3.43%), Vitamin K: 3.47µg (3.31%)