



Peach Upside-Down Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



315 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 3 tablespoons butter softened
- ☐ 2 ounces weight cream cheese fat-free block-style softened
- ☐ 1 large eggs
- ☐ 1 large egg whites
- ☐ 1 cup flour all-purpose

- ☐ 0.7 cup granulated sugar
- ☐ 4 peaches pitted peeled halved
- ☐ 6 ounce pineapple rings canned
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup soy flour
- ☐ 16 cherries sweet pitted halved
- ☐ 1 teaspoon vanilla extract

Equipment

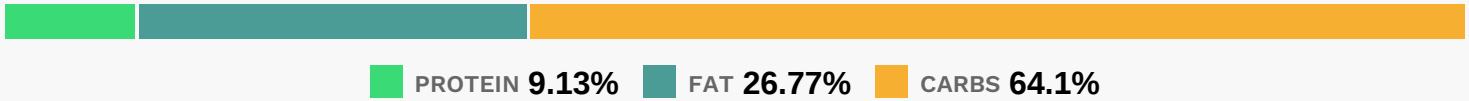
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Melt 2 tablespoons butter in a 10-inch cast-iron skillet over medium-heat; sprinkle brown sugar into pan.
- ☐ Remove from heat.
- ☐ Place 1 peach half, cut side up, in center of pan; arrange remaining peach halves around center peach half. Arrange cherry halves, cut sides up, around peach halves. Set pan aside.
- ☐ Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours, baking powder, and salt; stir with a whisk.
- ☐ Place granulated sugar, cream cheese, and 3 tablespoons butter in a large bowl; beat with a mixer at medium speed 3 minutes.

- ☐ Add egg and egg white; beat well.
- ☐ Add flour mixture to egg mixture alternately with juice, beginning and ending with flour mixture; mix well after each addition. Stir in the vanilla. Spoon batter into center of prepared pan; gently spread batter to cover fruit.
- ☐ Bake at 350 for 35 minutes or until cake springs back when lightly touched in the center. Cool in pan 10 minutes on a wire rack. Run a knife around edge of cake.
- ☐ Place a plate upside down on top of pan; invert onto plate.
- ☐ Let stand 2 minutes before removing pan.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:49.92, Glycemic Load:23.6, Inflammation Score:-6, Nutrition Score:9.8734782804614%

Flavonoids

Cyanidin: 6.27mg, Cyanidin: 6.27mg, Cyanidin: 6.27mg, Cyanidin: 6.27mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg Catechin: 4.39mg, Catechin: 4.39mg, Catechin: 4.39mg, Catechin: 4.39mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 315.26kcal (15.76%), Fat: 9.68g (14.89%), Saturated Fat: 4.99g (31.21%), Carbohydrates: 52.14g (17.38%), Net Carbohydrates: 49.3g (17.93%), Sugar: 35.75g (39.72%), Cholesterol: 42.91mg (14.3%), Sodium: 313.73mg (13.64%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 7.43g (14.85%), Manganese: 0.33mg (16.63%), Copper: 0.33mg (16.53%), Folate: 64.86µg (16.22%), Vitamin B2: 0.26mg (15.5%), Selenium: 10.85µg (15.49%), Phosphorus: 147.18mg (14.72%), Vitamin B1: 0.21mg (14.22%), Magnesium: 48.31mg (12.08%), Calcium: 120.74mg (12.07%), Fiber: 2.83g (11.33%), Potassium: 393.74mg (11.25%), Vitamin A: 529.94IU (10.6%), Iron: 1.84mg (10.22%), Vitamin B3: 1.95mg (9.77%), Vitamin K: 8.33µg (7.93%), Vitamin C: 6.19mg (7.51%), Vitamin E: 0.98mg (6.53%), Zinc: 0.79mg (5.26%), Vitamin B5: 0.51mg (5.08%), Vitamin B6: 0.1mg (4.96%), Vitamin B12: 0.14µg (2.36%)