



Peach Upside-Down Cake on the Grill

 Vegetarian

READY IN



100 min.

SERVINGS



10

CALORIES



195 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 tablespoon butter
- ☐ 0.3 cup canola oil
- ☐ 2 tablespoons t brown sugar dark packed
- ☐ 1 eggs at room temperature
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 cup milk at room temperature

- ☐ 2 cups peaches fresh sliced (3 to 4 medium)
- ☐ 0.3 teaspoon salt
- ☐ 1.5 teaspoons vanilla

Equipment

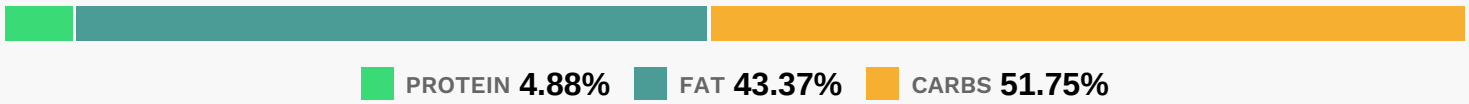
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ toothpicks
- ☐ cake form
- ☐ grill
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Heat charcoal grill. Grease bottom only of 8-inch square pan with butter (discard any unused butter).
- ☐ Sprinkle brown sugar evenly in bottom of pan. Arrange peaches in single layer over brown sugar.
- ☐ In large bowl, stir together granulated sugar, milk, oil, vanilla and egg until sugar is completely dissolved. Beat in flour, baking powder and salt until well blended.
- ☐ Pour batter over peaches in pan, covering peaches completely and smoothing batter with spatula or back of spoon.
- ☐ Fill 8-inch square foil pan halfway with water.
- ☐ Place in bottom of grill; arrange hot coals around pan.
- ☐ Place grill rack on grill.
- ☐ Place cake pan on rack directly over pan of water. This will allow cake to cook evenly over indirect heat.

- ☐ Cover grill, leaving vents open.
- ☐ Bake cake 40 minutes or until toothpick inserted in center comes out clean. Cool completely on cooling rack, about 45 minutes.
- ☐ Run thin knife around edges of pan to loosen cake.
- ☐ Place serving plate upside down over pan; turn plate and pan over.
- ☐ Remove pan.

Nutrition Facts



Properties

Glycemic Index:36.53, Glycemic Load:15.19, Inflammation Score:-2, Nutrition Score:4.0265217345694%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 195.21kcal (9.76%), Fat: 9.52g (14.64%), Saturated Fat: 1.58g (9.9%), Carbohydrates: 25.56g (8.52%), Net Carbohydrates: 24.76g (9%), Sugar: 15.41g (17.12%), Cholesterol: 20.35mg (6.78%), Sodium: 123.96mg (5.39%), Alcohol: 0.21g (100%), Alcohol %: 0.33% (100%), Protein: 2.41g (4.82%), Vitamin E: 1.62mg (10.81%), Selenium: 6.49µg (9.28%), Vitamin B1: 0.11mg (7.46%), Folate: 26.86µg (6.71%), Vitamin B2: 0.11mg (6.21%), Vitamin K: 6.42µg (6.12%), Manganese: 0.11mg (5.46%), Vitamin B3: 1mg (5.02%), Phosphorus: 46.43mg (4.64%), Iron: 0.83mg (4.61%), Calcium: 41.61mg (4.16%), Vitamin A: 172.33IU (3.45%), Fiber: 0.8g (3.2%), Copper: 0.05mg (2.38%), Potassium: 73.93mg (2.11%), Vitamin B5: 0.2mg (2.05%), Magnesium: 7.14mg (1.79%), Zinc: 0.25mg (1.68%), Vitamin C: 1.26mg (1.53%), Vitamin B12: 0.09µg (1.42%), Vitamin B6: 0.03mg (1.34%), Vitamin D: 0.18µg (1.18%)