



Plum-Blueberry Upside-Down Cake

READY IN



90 min.

SERVINGS



8

CALORIES



465 kcal

DESSERT

Ingredients

- 4 oz butter unsalted
- 0.5 cup t brown sugar dark packed
- 4 plums pitted cut into 1/2-inch (12-mm) wedges)
- 0.5 pint blueberries
- 1.5 cups flour all-purpose
- 2 teaspoons double-acting baking powder
- 0.8 teaspoon ground cinnamon
- 0.3 teaspoon salt
- 2 oz butter unsalted at room temperature ()

- 1 cup granulated sugar
- 2 large eggs at room temperature ()
- 1 teaspoon vanilla extract
- 0.5 cup milk whole (preferably milk)
- 1 serving whipped cream

Equipment

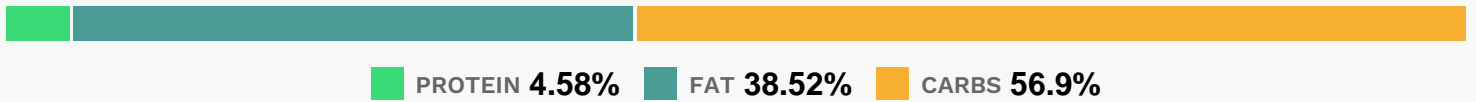
- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- wire rack
- cake form
- pot holder
- oven mitt

Directions

- Make the topping
- Melt the butter in a medium saucepan over low heat.
- Add the sugar and whisk until well blended.
- Pour the mixture into a 9-inch round cake pan with 2-inch-high sides, spreading it to evenly cover the bottom of the pan.
- Lightly press the plums into the syrup in a circle along the edge of the pan.
- Spread the berries in the center of the pan. (You can set the pan aside to stand at room temperature for up to 3 hours.)
- Make the cake
- Preheat the oven to 350°F (176°C) and position the oven rack to the center position.

- Sift the flour, baking powder, cinnamon, and salt into a bowl.
- In another bowl, beat the butter until smooth. Gradually add the sugar to the butter and beat until well combined.
- Add the eggs, 1 at a time, beating well after each addition. Beat in the vanilla.
- Stir the dry ingredients and the milk alternately into the butter mixture in 3 additions, beginning and ending with the dry ingredients. Spoon the batter over the topping in the pan.
- Bake the cake until the top is golden and firm and a tester inserted in the center comes out clean, about 55 minutes.
- Let the cake cool in the pan on a wire rack for about 10 minutes.
- Run a small sharp knife around the sides of the pan to loosen the cake.
- Place a plate or platter over the pan. Using oven mitts or pot holders, firmly grasp the pan and platter together, then turn them over.
- Let stand 3 minutes, then gently lift the pan off the cake.
- Serve the cake warm or at room temperature with ice cream or whipped cream, if desired. The cake is, as most cakes, best served the day it is baked.

Nutrition Facts



Properties

Glycemic Index:52.47, Glycemic Load:34.78, Inflammation Score:-6, Nutrition Score:8.7230434210404%

Flavonoids

Cyanidin: 4.36mg, Cyanidin: 4.36mg, Cyanidin: 4.36mg, Cyanidin: 4.36mg Petunidin: 9.32mg, Petunidin: 9.32mg, Petunidin: 9.32mg, Petunidin: 9.32mg Delphinidin: 10.48mg, Delphinidin: 10.48mg, Delphinidin: 10.48mg, Delphinidin: 10.48mg Malvidin: 19.99mg, Malvidin: 19.99mg, Malvidin: 19.99mg, Malvidin: 19.99mg Peonidin: 6.1mg, Peonidin: 6.1mg, Peonidin: 6.1mg, Peonidin: 6.1mg Catechin: 2.52mg, Catechin: 2.52mg, Catechin: 2.52mg, Catechin: 2.52mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg Gallic acid: 0.00mg, Gallic acid: 0.00mg, Gallic acid: 0.00mg, Gallic acid: 0.00mg

0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 464.83kcal (23.24%), Fat: 20.33g (31.28%), Saturated Fat: 12.21g (76.3%), Carbohydrates: 67.58g (22.53%), Net Carbohydrates: 65.61g (23.86%), Sugar: 47.18g (52.42%), Cholesterol: 97.67mg (32.56%), Sodium: 216.08mg (9.39%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 5.44g (10.88%), Selenium: 12.79µg (18.27%), Manganese: 0.33mg (16.3%), Vitamin A: 788.65IU (15.77%), Vitamin B1: 0.22mg (14.82%), Vitamin B2: 0.25mg (14.53%), Folate: 53.39µg (13.35%), Calcium: 121.09mg (12.11%), Phosphorus: 110.67mg (11.07%), Iron: 1.69mg (9.41%), Vitamin K: 9.54µg (9.09%), Vitamin B3: 1.71mg (8.54%), Fiber: 1.96g (7.86%), Vitamin C: 6.06mg (7.35%), Vitamin E: 0.93mg (6.2%), Vitamin B5: 0.52mg (5.23%), Potassium: 181.86mg (5.2%), Vitamin D: 0.75µg (5.02%), Copper: 0.09mg (4.66%), Vitamin B12: 0.26µg (4.37%), Magnesium: 15.83mg (3.96%), Vitamin B6: 0.08mg (3.82%), Zinc: 0.56mg (3.7%)