



Plum Upside-Down Cake

 Vegetarian

READY IN



60 min.

SERVINGS



1

CALORIES



2886 kcal

DESSERT

Ingredients

- 0.3 tsp almond extract
- 2 Tbsp planters almonds sliced
- 0.8 cup butter divided softened (1-)
- 1 Tbsp calumet baking powder
- 2 eggs
- 1 cup flour
- 2.5 cups plums fresh sliced
- 1 cup sugar divided

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- hand mixer
- toothpicks
- cake form
- spatula

Directions

- Preheat oven to 350F. Melt 1/4 cup of the butter in small saucepan on medium heat.
- Add 1/4 cup of the sugar; cook 1 min. or until sugar is completely dissolved, stirring occasionally.
- Pour into 9-inch round cake pan. Top with the plums; sprinkle with almonds. Set aside.
- Beat remaining 1/2 cup butter and remaining 3/4 cup sugar in medium bowl with electric mixer until light and fluffy.
- Add eggs, one at a time, beating well after each addition. Blend in extract.
- Add flour and baking powder; beat just until blended. Gently spread over plums.
- Bake 40 to 45 min. or until toothpick inserted in center comes out clean. Immediately run knife or metal spatula around rim of pan to loosen cake; invert onto serving plate. Cool completely before cutting into 12 slices to serve.

Nutrition Facts

 **PROTEIN 4.39%**  **FAT 48.38%**  **CARBS 47.23%**

Properties

Glycemic Index:335.76, Glycemic Load:227.85, Inflammation Score:-10, Nutrition Score:51.837825941003%

Flavonoids

Cyanidin: 23.72mg, Cyanidin: 23.72mg, Cyanidin: 23.72mg, Cyanidin: 23.72mg Peonidin: 1.28mg, Peonidin: 1.28mg, Peonidin: 1.28mg, Peonidin: 1.28mg Catechin: 12.18mg, Catechin: 12.18mg, Catechin: 12.18mg, Catechin: 12.18mg Epigallocatechin: 1.51mg, Epigallocatechin: 1.51mg, Epigallocatechin: 1.51mg, Epigallocatechin: 1.51mg Epicatechin: 13.32mg, Epicatechin: 13.32mg, Epicatechin: 13.32mg, Epicatechin: 13.32mg Epicatechin 3-gallate: 3.13mg, Epicatechin 3-gallate: 3.13mg, Epicatechin 3-gallate: 3.13mg, Epicatechin 3-gallate: 3.13mg Epigallocatechin 3-gallate: 1.65mg, Epigallocatechin 3-gallate: 1.65mg, Epigallocatechin 3-gallate: 1.65mg, Epigallocatechin 3-gallate: 1.65mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg Gallocatechin: 0.37mg, Gallocatechin: 0.37mg, Gallocatechin: 0.37mg, Gallocatechin: 0.37mg

Nutrients (% of daily need)

Calories: 2886.47kcal (144.32%), Fat: 159.44g (245.3%), Saturated Fat: 91.29g (570.54%), Carbohydrates: 350.13g (116.71%), Net Carbohydrates: 338.45g (123.07%), Sugar: 242.29g (269.21%), Cholesterol: 693.4mg (231.13%), Sodium: 2496.46mg (108.54%), Alcohol: 0.36g (100%), Alcohol %: 0.04% (100%), Protein: 32.58g (65.15%), Vitamin A: 6153.07IU (123.06%), Selenium: 73.14µg (104.48%), Calcium: 894.68mg (89.47%), Vitamin B2: 1.45mg (85.4%), Vitamin B1: 1.18mg (78.77%), Manganese: 1.56mg (78.02%), Phosphorus: 775.28mg (77.53%), Folate: 304.64µg (76.16%), Vitamin E: 11.14mg (74.28%), Iron: 10.24mg (56.89%), Vitamin B3: 9.97mg (49.83%), Vitamin C: 39.19mg (47.5%), Fiber: 11.67g (46.7%), Vitamin K: 38.96µg (37.1%), Copper: 0.7mg (35.02%), Magnesium: 127.71mg (31.93%), Potassium: 1098.23mg (31.38%), Vitamin B5: 2.73mg (27.35%), Zinc: 3.22mg (21.48%), Vitamin B12: 1.07µg (17.88%), Vitamin B6: 0.36mg (17.85%), Vitamin D: 1.76µg (11.73%)