



Plum Upside-Down Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



326 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon amaretto (almond-flavored liqueur)
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 cup butter softened
- ☐ 2 teaspoons butter
- ☐ 2 large eggs
- ☐ 0.8 cup buttermilk fat-free
- ☐ 6.8 ounces flour all-purpose
- ☐ 0.3 teaspoon ground cardamom

- ☐ 1 pound plums red pitted quartered
- ☐ 0.3 teaspoon salt
- ☐ 1 Dash salt
- ☐ 1.3 cups sugar divided

Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ cake form
- ☐ measuring cup
- ☐ slotted spoon

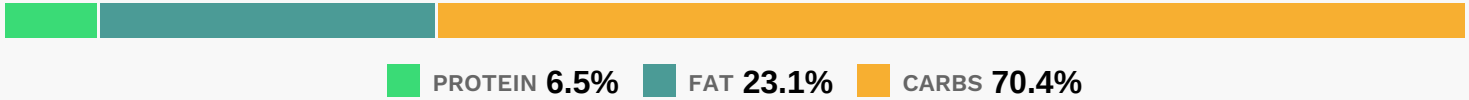
Directions

- ☐ Melt 2 teaspoons butter in a large nonstick skillet over medium heat.
- ☐ Add plums, and cook 3 minutes.
- ☐ Add 1/2 cup sugar, cardamom, and dash of salt. Cook 10 minutes or until plums are tender, stirring frequently.
- ☐ Remove plums from pan using a slotted spoon. Bring cooking liquid to a boil. Cook 5 minutes or until liquid is very thick (consistency of jam).
- ☐ While the cooking liquid reduces, arrange plums in bottom of a 9-inch round cake pan coated with cooking spray.
- ☐ Pour reduced cooking liquid over plums.
- ☐ Let cool.
- ☐ Preheat oven to 35
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, and 1/4 teaspoon salt, stirring well with a whisk. Beat 1/4 cup butter and remaining 3/4 cup sugar with a mixer at medium speed until fluffy.

- ☐
- Add eggs, one at a time, beating well after each addition.

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Nutrition Facts



Properties

Glycemic Index:47.59, Glycemic Load:37.41, Inflammation Score:-4, Nutrition Score:6.563043444053%

Flavonoids

Cyanidin: 3.19mg, Cyanidin: 3.19mg, Cyanidin: 3.19mg, Cyanidin: 3.19mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 325.96kcal (16.3%), Fat: 8.46g (13.01%), Saturated Fat: 4.73g (29.56%), Carbohydrates: 57.99g (19.33%), Net Carbohydrates: 56.53g (20.56%), Sugar: 38.64g (42.93%), Cholesterol: 64.88mg (21.63%), Sodium: 249.77mg (10.86%), Alcohol: 0.49g (100%), Alcohol %: 0.39% (100%), Protein: 5.35g (10.71%), Selenium: 12.22µg (17.46%), Vitamin B1: 0.21mg (13.95%), Folate: 52.73µg (13.18%), Vitamin B2: 0.2mg (11.71%), Manganese: 0.22mg (10.77%), Vitamin A: 471.62IU (9.43%), Iron: 1.54mg (8.53%), Vitamin B3: 1.66mg (8.32%), Phosphorus: 78.31mg (7.83%), Vitamin C: 5.67mg (6.87%), Calcium: 63.56mg (6.36%), Fiber: 1.46g (5.83%), Vitamin K: 4.32µg (4.12%), Copper: 0.08mg (3.95%), Potassium: 135.92mg (3.88%), Vitamin B5: 0.38mg (3.82%), Vitamin E: 0.49mg (3.24%), Magnesium: 11.3mg (2.83%), Zinc: 0.4mg (2.68%), Vitamin B6: 0.05mg (2.43%), Vitamin B12: 0.13µg (2.09%), Vitamin D: 0.25µg (1.67%)