



Plum Upside Down Cake

 Popular

READY IN



60 min.

SERVINGS



4

CALORIES



538 kcal

DESSERT

Ingredients

- ☐ 10 tablespoons butter softened
- ☐ 0.3 cup brown sugar packed
- ☐ 4 plums pitted sliced
- ☐ 5 tablespoons buttermilk
- ☐ 0.8 cup cake flour
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.1 teaspoon baking soda
- ☐ 0.3 teaspoon cinnamon

- ☐ 1 pinch salt
- ☐ 0.5 cup granulated sugar
- ☐ 1 of orange zest
- ☐ 1 eggs
- ☐ 1 teaspoon vanilla extract

Equipment

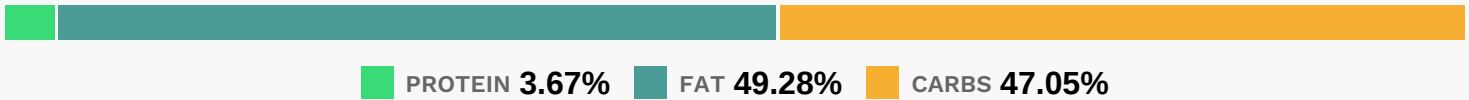
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ ramekin
- ☐ hand mixer
- ☐ toothpicks
- ☐ skewers

Directions

- ☐ Preheat oven to 350°F. Butter the insides of the ramekins.
- ☐ Melt butter and brown sugar, pour into bottom of ramekins: Melt 3/4 stick (6 Tbsp) of the butter in medium saucepan over medium heat.
- ☐ Add brown sugar and whisk until smooth.
- ☐ Pour into the bottoms of the buttered ramekins, dividing the sugar butter sauce evenly among them.
- ☐ Arrange a layer of plum slices at the bottom of each ramekin.
- ☐ Whisk together dry ingredients for batter: In a separate bowl, vigorously whisk together the cake flour, baking powder, baking soda, cinnamon and salt.
- ☐ Make cake batter: Use an electric mixer to beat together the remaining 1/2 stick (1/4 cup or 4 Tbsp) butter with the granulated sugar and orange zest.

- ☐ Add the eggs and vanilla, mix to combine.
- ☐ Alternately add the dry flour mixture and the buttermilk (or lemon soured milk) mixture to the batter.
- ☐ Bake: Divide the batter among the ramekins.
- ☐ Place the ramekins on a rimmed baking sheet and put in the oven on the middle rack.
- ☐ Bake at 350°F for 35 to 40 minutes, until cakes are firm to the touch, and a toothpick or skewer inserted in the center does not come out with raw batter on it. (Might be wet from plum juice.) Turn the baking sheet around half-way through the baking to ensure an even baking for all the cakes.
- ☐ Cool and invert:
- ☐ Remove from oven and let cool on a rack until no longer hot to the touch. Run a paring knife around the edges of the ramekins. Invert onto a plate and gently lift off of the plate.
- ☐ Serve alone or with whipped cream or vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:80.69, Glycemic Load:31.16, Inflammation Score:-6, Nutrition Score:6.8726086409196%

Flavonoids

Cyanidin: 3.72mg, Cyanidin: 3.72mg, Cyanidin: 3.72mg, Cyanidin: 3.72mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 537.97kcal (26.9%), Fat: 30.13g (46.36%), Saturated Fat: 18.41g (115.07%), Carbohydrates: 64.73g (21.58%), Net Carbohydrates: 63.1g (22.94%), Sugar: 45.57g (50.63%), Cholesterol: 116.17mg (38.72%), Sodium: 342.43mg (14.89%), Alcohol: 0.34g (100%), Alcohol %: 0.22% (100%), Protein: 5.04g (10.09%), Vitamin A: 1164.76IU (23.3%),

Selenium: 13.37µg (19.1%), Vitamin C: 13.87mg (16.81%), Manganese: 0.26mg (12.96%), Vitamin E: 1.22mg (8.16%), Phosphorus: 76.67mg (7.67%), Calcium: 65.97mg (6.6%), Fiber: 1.64g (6.55%), Vitamin K: 6.82µg (6.49%), Vitamin B2: 0.1mg (6.01%), Potassium: 191.39mg (5.47%), Folate: 21.22µg (5.31%), Copper: 0.1mg (5.04%), Vitamin B5: 0.44mg (4.44%), Iron: 0.72mg (3.98%), Magnesium: 15.25mg (3.81%), Vitamin B1: 0.05mg (3.22%), Vitamin B6: 0.06mg (3.14%), Zinc: 0.46mg (3.06%), Vitamin B3: 0.57mg (2.86%), Vitamin B12: 0.16µg (2.62%), Vitamin D: 0.22µg (1.47%)