



Plum Upside-Down Pudding Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



201 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.8 cup buttermilk whole low-fat
- ☐ 2 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 4 small plums black red sliced
- ☐ 0.5 cup sugar divided

- ☐ 8 servings whipped cream sweetened
- ☐ 4 tablespoons butter unsalted melted
- ☐ 1.5 teaspoons vanilla

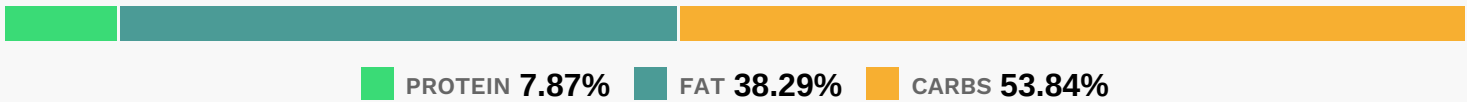
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pie form

Directions

- ☐ Combine plums, 1 tablespoon sugar, lemon juice, and 1/4 teaspoon kosher salt in a bowl, tossing gently.
- ☐ Grease sides and bottom of a 9-inch cast-iron skillet or deep-dish pie pan. Cover bottom with plum slices, overlapping slightly.
- ☐ Whisk together eggs, remaining sugar, buttermilk, vanilla, and butter until well blended.
- ☐ Combine flour, baking powder, and remaining 1/2 teaspoon kosher salt; whisk into egg mixture.
- ☐ Pour batter over fruit.
- ☐ Bake at 375 for 20 to 25 minutes or until golden brown. Cool in pan about 30 minutes.
- ☐ Run tip of knife around edge of cake to loosen. Invert onto a platter, and serve with sweetened whipped cream.

Nutrition Facts



Properties

Glycemic Index:41.34, Glycemic Load:17.07, Inflammation Score:-3, Nutrition Score:4.9969565350076%

Flavonoids

Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg 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 Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 201.42kcal (10.07%), Fat: 8.69g (13.37%), Saturated Fat: 4.99g (31.19%), Carbohydrates: 27.51g (9.17%), Net Carbohydrates: 26.72g (9.72%), Sugar: 17.53g (19.48%), Cholesterol: 67.01mg (22.34%), Sodium: 350.26mg (15.23%), Alcohol: 0.26g (100%), Alcohol %: 0.3% (100%), Protein: 4.02g (8.04%), Selenium: 8.49µg (12.13%), Vitamin B2: 0.17mg (9.88%), Calcium: 89.1mg (8.91%), Phosphorus: 86.36mg (8.64%), Vitamin A: 408.07IU (8.16%), Vitamin B1: 0.12mg (7.8%), Folate: 30.86µg (7.72%), Manganese: 0.1mg (5.22%), Iron: 0.93mg (5.15%), Vitamin C: 4.09mg (4.95%), Vitamin B3: 0.86mg (4.32%), Vitamin B5: 0.38mg (3.78%), Potassium: 129.56mg (3.7%), Vitamin B12: 0.19µg (3.17%), Fiber: 0.79g (3.14%), Vitamin E: 0.44mg (2.93%), Zinc: 0.4mg (2.69%), Vitamin K: 2.81µg (2.68%), Copper: 0.05mg (2.54%), Vitamin D: 0.38µg (2.53%), Magnesium: 10.07mg (2.52%), Vitamin B6: 0.05mg (2.37%)