



Raspberry-Mango Upside-Down Cake

READY IN



100 min.

SERVINGS



12

CALORIES



385 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons whipping cream
- ☐ 1.5 cups raspberries fresh
- ☐ 1.5 cups mangos chopped (from 1-lb 4-oz jar) (reserve)
- ☐ 0.5 cup slivered almonds sliced
- ☐ 1 box vanilla cake donut holes french
- ☐ 0.5 cup water
- ☐ 0.3 cup vegetable oil

- ☐ 1 teaspoon almond extract
- ☐ 3 eggs

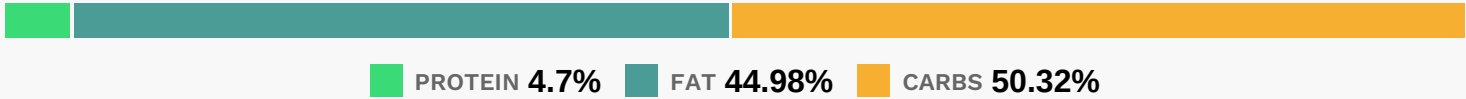
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Melt butter in 1-quart saucepan over medium heat, stirring occasionally. Stir in sugar and whipping cream.
- ☐ Heat to boiling, stirring constantly; boil 30 seconds.
- ☐ Pour into 13x9-inch rectangular pan. Top sugar mixture evenly with raspberries, mango and almonds.
- ☐ In large bowl, beat cake mix, reserved 1/2 cup mango juice, the water, oil, almond extract and eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- ☐ Pour batter over fruits and almonds.
- ☐ Bake 41 to 48 minutes or until toothpick inserted in center comes out clean. Immediately run knife around sides of pan to loosen cake. Turn pan upside down onto heatproof serving plate; leave pan over cake 1 minute so topping can drizzle over cake. Cool at least 30 minutes.
- ☐ Serve warm or cool. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:13.15, Glycemic Load:7.5, Inflammation Score:-6, Nutrition Score:8.9865216846051%

Flavonoids

Cyanidin: 7mg, Cyanidin: 7mg, Cyanidin: 7mg, Cyanidin: 7mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 385.31kcal (19.27%), Fat: 19.66g (30.24%), Saturated Fat: 4.46g (27.85%), Carbohydrates: 49.47g (16.49%), Net Carbohydrates: 47.13g (17.14%), Sugar: 30.29g (33.65%), Cholesterol: 43.74mg (14.58%), Sodium: 405.06mg (17.61%), Alcohol: 0.11g (100%), Alcohol %: 0.11% (100%), Protein: 4.62g (9.24%), Phosphorus: 199.5mg (19.95%), Vitamin E: 2.77mg (18.47%), Manganese: 0.31mg (15.44%), Vitamin C: 11.47mg (13.9%), Vitamin K: 14.45µg (13.76%), Vitamin A: 662.63IU (13.25%), Vitamin B2: 0.22mg (12.86%), Folate: 49.52µg (12.38%), Calcium: 123.54mg (12.35%), Selenium: 7.55µg (10.78%), Fiber: 2.34g (9.37%), Vitamin B1: 0.12mg (7.94%), Iron: 1.34mg (7.47%), Vitamin B3: 1.43mg (7.16%), Copper: 0.13mg (6.41%), Magnesium: 24.17mg (6.04%), Vitamin B5: 0.42mg (4.21%), Potassium: 139.18mg (3.98%), Zinc: 0.57mg (3.8%), Vitamin B6: 0.07mg (3.58%), Vitamin B12: 0.11µg (1.86%), Vitamin D: 0.26µg (1.73%)