



Raspberry Upside-Down Cake

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



436 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 2 tablespoons almonds sliced
- ☐ 9 servings garnish: additional raspberries and almonds sliced
- ☐ 1.5 cups biscuit baking mix
- ☐ 0.3 cup butter melted
- ☐ 1 eggs beaten
- ☐ 0.5 cup milk
- ☐ 2 tablespoons oil

- ☐ 1.5 cups raspberries
- ☐ 0.3 cup sugar
- ☐ 0.5 cup sugar
- ☐ 0.5 teaspoon vanilla extract

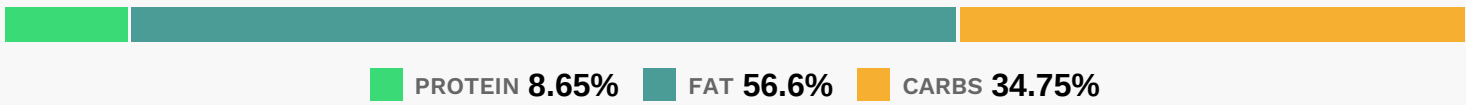
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Drizzle butter in a 9" round cake pan; sprinkle sugar over top. Arrange raspberries, open ends up, over sugar mixture; sprinkle with almonds.
- ☐ In a bowl, combine remaining ingredients except garnish. Beat with an electric mixer on medium speed for 4 minutes.
- ☐ Pour into pan.
- ☐ Bake at 350 degrees for 35 to 40 minutes, until a toothpick tests clean. Immediately place a heatproof serving plate upside-down over pan; turn plate and pan over. Leave pan over cake for one minute to allow sugar mixture to drizzle over cake; remove pan.
- ☐ Cool 10 minutes before serving.
- ☐ Garnish as desired and serve warm.

Nutrition Facts



Properties

Glycemic Index:30.46, Glycemic Load:12.45, Inflammation Score:-6, Nutrition Score:15.348695791286%

Flavonoids

Cyanidin: 9.95mg, Cyanidin: 9.95mg, Cyanidin: 9.95mg, Cyanidin: 9.95mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 435.85kcal (21.79%), Fat: 28.47g (43.79%), Saturated Fat: 5.9g (36.85%), Carbohydrates: 39.33g (13.11%), Net Carbohydrates: 33.58g (12.21%), Sugar: 21.98g (24.42%), Cholesterol: 33.77mg (11.26%), Sodium: 308.57mg (13.42%), Alcohol: 0.15g (100%), Alcohol %: 0.17% (100%), Protein: 9.79g (19.57%), Vitamin E: 9.2mg (61.32%), Manganese: 0.94mg (47.09%), Phosphorus: 302.7mg (30.27%), Vitamin B2: 0.51mg (29.95%), Magnesium: 98.79mg (24.7%), Fiber: 5.75g (22.99%), Copper: 0.39mg (19.29%), Calcium: 148.62mg (14.86%), Vitamin B1: 0.2mg (13.16%), Folate: 45.86µg (11.47%), Vitamin B3: 2.22mg (11.08%), Iron: 1.98mg (11.02%), Potassium: 328.57mg (9.39%), Zinc: 1.34mg (8.91%), Selenium: 4.78µg (6.83%), Vitamin C: 5.3mg (6.42%), Vitamin K: 5.57µg (5.31%), Vitamin B5: 0.53mg (5.26%), Vitamin B6: 0.09mg (4.36%), Vitamin A: 213.66IU (4.27%), Vitamin B12: 0.21µg (3.42%), Vitamin D: 0.25µg (1.65%)