



## Rhubarb Upside-Down Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



471 kcal

DESSERT

### Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.3 cup firmly brown sugar packed
- 0.5 cup butter
- 7.5 oz carton crème fraîche sour
- 2 large eggs
- 2 cups flour all-purpose
- 1 cup granulated sugar
- 2 tablespoons juice of lemon

- 1 teaspoon lemon zest grated
- 2 tablespoons orange juice
- 0.5 cup pecan halves
- 2 cups rhubarb thick sliced ()
- 0.3 teaspoon salt
- 1 teaspoon vanilla

## Equipment

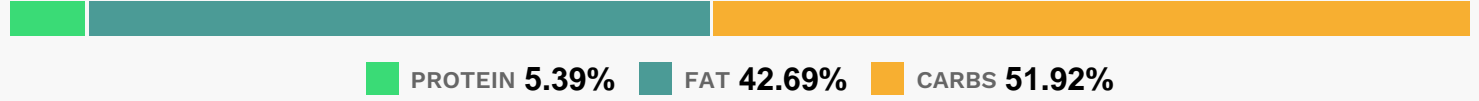
- bowl
- frying pan
- oven
- knife
- blender
- toothpicks
- cake form

## Directions

- In a bowl, combine 1/4 cup granulated sugar, the rhubarb, lemon peel, and 1 tablespoon lemon juice.
- In a 10-inch frying pan over medium heat, melt 2 tablespoons butter; add brown sugar, bourbon, and remaining 1 tablespoon lemon juice; stir often until caramel has thickened and is medium brown, 7 to 10 minutes.
- Spread in a buttered 9-inch round cake pan (with 2-in.-tall sides).
- Arrange pecans over caramel. Scatter rhubarb mixture on top.
- In a bowl, with a mixer on medium speed, beat remaining 1/2 cup butter and 3/4 cup granulated sugar until blended. Beat in eggs until smooth. Beat in baking powder, vanilla, and salt, half the crme frache, then half the flour; repeat with remaining crme frache and flour. Drop spoonfuls of batter over rhubarb; spread smooth.
- Bake in a 350 oven until cake is golden on top and a toothpick inserted in center comes out clean, 40 to 50 minutes.

- Let cool on a rack 15 minutes.
- Run a knife between cake and pan sides. Invert onto a plate.
- Serve warm.

## Nutrition Facts



### Properties

Glycemic Index:45.26, Glycemic Load:35.26, Inflammation Score:-5, Nutrition Score:10.297826212385%

### Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

### Nutrients (% of daily need)

Calories: 470.91kcal (23.55%), Fat: 22.77g (35.03%), Saturated Fat: 10.82g (67.61%), Carbohydrates: 62.33g (20.77%), Net Carbohydrates: 60.29g (21.92%), Sugar: 35.99g (39.99%), Cholesterol: 92.68mg (30.89%), Sodium: 274.19mg (11.92%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 6.47g (12.94%), Manganese: 0.57mg (28.35%), Selenium: 16.4µg (23.43%), Vitamin B1: 0.31mg (20.55%), Folate: 70.73µg (17.68%), Vitamin B2: 0.29mg (16.79%), Vitamin A: 631.05IU (12.62%), Calcium: 125.55mg (12.56%), Phosphorus: 121.4mg (12.14%), Iron: 2.09mg (11.6%), Vitamin B3: 2.08mg (10.41%), Vitamin K: 10.68µg (10.17%), Fiber: 2.03g (8.14%), Vitamin C: 6.65mg (8.06%), Copper: 0.15mg (7.43%), Potassium: 226.88mg (6.48%), Magnesium: 24.28mg (6.07%), Vitamin B5: 0.54mg (5.39%), Zinc: 0.8mg (5.35%), Vitamin E: 0.76mg (5.05%), Vitamin B6: 0.07mg (3.72%), Vitamin B12: 0.19µg (3.19%), Vitamin D: 0.25µg (1.67%)