



Salted Caramel-Orange Upside-Down Cake

 Vegetarian

READY IN



95 min.

SERVINGS



10

CALORIES



288 kcal

DESSERT

Ingredients

- 0.5 cup almonds sliced
- 0.8 teaspoon double-acting baking powder
- 0.8 teaspoon baking soda
- 2 large eggs
- 1.3 cups flour all-purpose
- 0.3 teaspoon kosher salt
- 1 teaspoon orange zest grated
- 4 to 5 oranges

- 1 stick butter salted at room temperature
- 1 tablespoon butter salted
- 10 servings sea salt for sprinkling
- 0.5 cup heavy whipping cream sour
- 0.7 cup sugar

Equipment

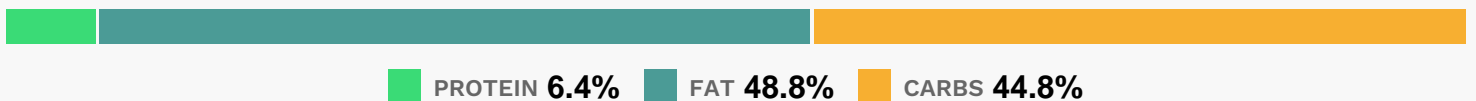
- food processor
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- knife
- whisk
- blender
- toothpicks
- cake form
- aluminum foil
- pastry brush
- chefs knife

Directions

- Combine the sugar, 1/3 cup water and the kosher salt in a medium saucepan over medium heat, stirring just until the sugar dissolves. Cook, gently swirling the pan occasionally but not stirring, until amber, 8 to 10 minutes.
- Brush any sugar crystals off the side of the pan with a wet pastry brush.
- Remove from the heat and carefully whisk in the butter (the mixture will bubble).
- Pour into a 9-inch-round cake pan, tilting the pan to coat the bottom; set aside.

- Slice off the top and bottom of the oranges.
- Place the oranges cut-side down and cut off the peel and white pith with a chef's knife, following the curve of the fruit.
- Cut along both sides of each membrane to remove the segments. Set the segments aside, discarding any seeds.
- Make the cake: Preheat the oven to 350 degrees F.
- Spread the almonds on a baking sheet and roast until golden brown, 8 to 10 minutes.
- Let cool, then transfer to a food processor and pulse until finely ground.
- Transfer to a medium bowl; add the flour, baking powder, baking soda and kosher salt and whisk to combine.
- Beat the butter and sugar in a large bowl with a mixer on medium-high speed until fluffy, about 5 minutes. Beat in the eggs one at a time, scraping down the bowl as needed. Beat in the orange zest. Reduce the mixer speed to low; beat in the flour mixture in 3 batches, alternating with the sour cream, beginning and ending with flour, until just smooth.
- Arrange the orange segments in the cake pan in concentric circles.
- Add the batter and smooth the top.
- Bake until golden brown and a toothpick inserted into the center comes out clean, 40 to 45 minutes. (Tent with foil if the top gets too dark.)
- Transfer to a rack and let cool slightly, then run a knife around the edge of the cake and invert onto a platter.
- Let cool completely.
- Sprinkle with sea salt.
- Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:38.96, Glycemic Load:20.15, Inflammation Score:-6, Nutrition Score:8.2586956438811%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 14.28mg, Hesperetin: 14.28mg, Hesperetin: 14.28mg, Hesperetin: 14.28mg Naringenin: 8.05mg, Naringenin: 8.05mg, Naringenin: 8.05mg, Naringenin: 8.05mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 287.95kcal (14.4%), Fat: 16.04g (24.67%), Saturated Fat: 8.21g (51.31%), Carbohydrates: 33.13g (11.04%), Net Carbohydrates: 30.85g (11.22%), Sugar: 18.89g (20.98%), Cholesterol: 71.29mg (23.76%), Sodium: 465.73mg (20.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.47%), Vitamin C: 28.25mg (34.25%), Selenium: 9.45µg (13.51%), Vitamin B2: 0.22mg (13.1%), Folate: 52.17µg (13.04%), Vitamin B1: 0.18mg (12.32%), Vitamin E: 1.73mg (11.5%), Manganese: 0.23mg (11.5%), Vitamin A: 561.8IU (11.24%), Fiber: 2.28g (9.11%), Phosphorus: 84.54mg (8.45%), Calcium: 74.18mg (7.42%), Iron: 1.18mg (6.54%), Vitamin B3: 1.26mg (6.31%), Magnesium: 23.83mg (5.96%), Copper: 0.1mg (5.2%), Potassium: 177.31mg (5.07%), Vitamin B5: 0.43mg (4.28%), Vitamin B6: 0.07mg (3.35%), Zinc: 0.47mg (3.14%), Vitamin B12: 0.13µg (2.25%), Vitamin D: 0.2µg (1.33%), Vitamin K: 1.14µg (1.08%)