



## Slow-Cooker Cranberry Upside-Down Cake

READY IN



200 min.

SERVINGS



10

CALORIES



374 kcal

DESSERT

### Ingredients

- ☐ 1 cup brown sugar light packed
- ☐ 0.3 cup butter unsalted melted
- ☐ 2 cups cranberries fresh thawed ()
- ☐ 1 box cake mix yellow
- ☐ 1 cup 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 0.5 cup vegetable oil
- ☐ 3 eggs

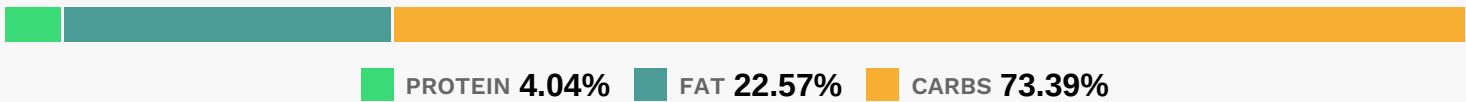
### Equipment

- ☐ bowl
- ☐ wire rack
- ☐ toothpicks
- ☐ aluminum foil
- ☐ slow cooker

## Directions

- ☐ Spray 6-quart slow cooker with cooking spray. Line with foil, then spray foil.
- ☐ Stir together brown sugar and butter; spread evenly in bottom of slow cooker. Top with a single even layer of cranberries.
- ☐ In large bowl, beat cake mix, cranberry juice, oil and eggs on low speed 30 seconds, then on medium speed 2 minutes.
- ☐ Pour evenly over cranberries in slow cooker.
- ☐ Cover; cook on High heat setting about 3 hours or until toothpick inserted in center comes out clean.
- ☐ Remove ceramic base from slow cooker; transfer to cooling rack to cool 10 minutes.
- ☐ Using foil as handles, carefully remove cake from slow cooker.
- ☐ Place large serving plate upside down on top of cake; quickly and carefully turn cake onto serving plate.
- ☐ Remove foil.
- ☐ Serve cake warm.

## Nutrition Facts



## Properties

Glycemic Index:10.1, Glycemic Load:2.47, Inflammation Score:-3, Nutrition Score:6.8960869415947%

## Flavonoids

Cyanidin: 9.29mg, Cyanidin: 9.29mg, Cyanidin: 9.29mg, Cyanidin: 9.29mg Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg

Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 9.83mg, Peonidin: 9.83mg, Peonidin: 9.83mg, Peonidin: 9.83mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 373.53kcal (18.68%), Fat: 9.53g (14.67%), Saturated Fat: 4.5g (28.14%), Carbohydrates: 69.77g (23.26%), Net Carbohydrates: 68.41g (24.88%), Sugar: 47.69g (52.99%), Cholesterol: 61.31mg (20.44%), Sodium: 402.81mg (17.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.68%), Phosphorus: 194.14mg (19.41%), Calcium: 139.73mg (13.97%), Vitamin B2: 0.19mg (11.19%), Folate: 42.2µg (10.55%), Vitamin E: 1.49mg (9.95%), Manganese: 0.19mg (9.44%), Iron: 1.57mg (8.74%), Vitamin B1: 0.13mg (8.64%), Selenium: 5.97µg (8.53%), Vitamin K: 8.24µg (7.84%), Vitamin B3: 1.28mg (6.38%), Vitamin C: 5.15mg (6.25%), Fiber: 1.37g (5.46%), Vitamin B5: 0.48mg (4.85%), Vitamin B6: 0.1mg (4.8%), Vitamin A: 236.48IU (4.73%), Copper: 0.08mg (4.15%), Potassium: 108.62mg (3.1%), Vitamin B12: 0.18µg (2.98%), Magnesium: 11.57mg (2.89%), Zinc: 0.36mg (2.43%), Vitamin D: 0.35µg (2.33%)