



Strawberry-Rhubarb Upside-Down Cake

 Dairy Free

READY IN



110 min.

SERVINGS



12

CALORIES



346 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 cup brown sugar packed
- ☐ 2 cups strawberries fresh sliced
- ☐ 2 cups rhubarb fresh chopped
- ☐ 1 box vanilla cake donut holes yellow french
- ☐ 1 cup water
- ☐ 0.3 cup vegetable oil
- ☐ 3 eggs

☐ 1 serving whipped cream

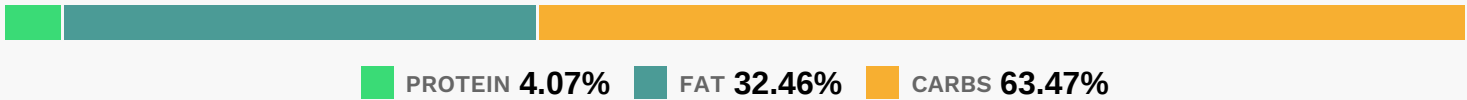
Equipment

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

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). In 13x9-inch pan, melt butter in oven.
- ☐ Sprinkle brown sugar evenly over butter. Arrange strawberries on brown sugar; sprinkle evenly with rhubarb. Press strawberries and rhubarb gently into brown sugar.
- ☐ In large bowl, beat cake mix, water, oil and eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- ☐ Pour batter over strawberries and rhubarb.
- ☐ Bake 46 to 52 minutes or until toothpick inserted in center comes out clean. Immediately run knife around sides of pan to loosen cake.
- ☐ Place heatproof serving plate upside down on pan; turn plate and pan over. Leave pan over cake 1 minute so brown sugar topping can drizzle over cake. Cool 30 minutes.
- ☐ Serve warm or cool with whipped cream. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.65, Inflammation Score:-3, Nutrition Score:7.5965217611064%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 346.44kcal (17.32%), Fat: 12.72g (19.57%), Saturated Fat: 2.98g (18.64%), Carbohydrates: 55.98g (18.66%), Net Carbohydrates: 54.66g (19.88%), Sugar: 37.39g (41.55%), Cholesterol: 41.3mg (13.77%), Sodium: 366mg (15.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.17%), Vitamin C: 15.75mg (19.09%), Vitamin K: 18.83µg (17.93%), Phosphorus: 177.84mg (17.78%), Calcium: 139.57mg (13.96%), Manganese: 0.24mg (11.78%), Selenium: 7.63µg (10.9%), Folate: 42.76µg (10.69%), Vitamin B2: 0.16mg (9.25%), Vitamin E: 1.26mg (8.4%), Iron: 1.31mg (7.26%), Vitamin B1: 0.11mg (7.23%), Vitamin B3: 1.21mg (6.06%), Fiber: 1.32g (5.28%), Vitamin A: 255.61IU (5.11%), Potassium: 164.28mg (4.69%), Vitamin B5: 0.37mg (3.72%), Copper: 0.07mg (3.52%), Magnesium: 13.66mg (3.42%), Vitamin B6: 0.06mg (2.75%), Zinc: 0.4mg (2.69%), Vitamin B12: 0.1µg (1.73%), Vitamin D: 0.22µg (1.48%)