



Strawberry Rhubarb Upside-Down Cake

 Vegetarian

READY IN



55 min.

SERVINGS



9

CALORIES



233 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup yogurt plain
- ☐ 2 teaspoons potato flour
- ☐ 0.8 cup sugar raw
- ☐ 230 grams rhubarb trimmed cut into 1/4-inch pieces
- ☐ 280 grams strawberries hulled sliced in half
- ☐ 8 tablespoons butter at room temperature unsalted

- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 teaspoons frangelico
- ☐ 0.3 teaspoons frangelico

Equipment

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

Directions

- ☐ Move the oven rack to the middle position and preheat to 350 degrees F (175 C). Toss the strawberries, rhubarb, 1/2 cup of sugar and potato starch together in a bowl. Arrange the strawberries along the bottom of a non-stick 9" round or 8-inch square pan so that the cut sides face down. Top with the rhubarb and any remaining liquid, using the rhubarb to fill in the gaps between the strawberries.
- ☐ Whisk together the flour, baking soda, and salt. In the bowl of an electric mixer, whisk the butter and 3/4 cup sugar together until light and fluffy (about 2 minutes).
- ☐ Add the eggs one at a time and continue whisking until fully incorporated.
- ☐ Add the yogurt and vanilla extract and whisk to combine. Switch to the beater attachment and add the flour mixture in three additions beating on low speed until just combined after each addition.
- ☐ Spread the batter over the fruit and put the pan in the oven.
- ☐ Bake until a toothpick inserted into the middle of the cake comes out without any batter on it (30-40 minutes).
- ☐ Let the cake cool for 20 minutes. Run a knife along the edges if needed and then invert onto a large plate. If some of the fruit remains stuck to the pan, just stick them back into the cake.

Nutrition Facts



PROTEIN 4.23% **FAT 41.49%** **CARBS 54.28%**

Properties

Glycemic Index:16.33, Glycemic Load:8.59, Inflammation Score:-4, Nutrition Score:5.7847826066224%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 7.73mg, Pelargonidin: 7.73mg, Pelargonidin: 7.73mg, Pelargonidin: 7.73mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epicatechin 3-gallate: 0.2mg, Epicatechin 3-gallate: 0.2mg, Epicatechin 3-gallate: 0.2mg, Epicatechin 3-gallate: 0.2mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 232.77kcal (11.64%), Fat: 10.82g (16.64%), Saturated Fat: 6.72g (41.99%), Carbohydrates: 31.85g (10.62%), Net Carbohydrates: 30.37g (11.04%), Sugar: 19.09g (21.21%), Cholesterol: 28.52mg (9.51%), Sodium: 131.63mg (5.72%), Alcohol: 0.15g (100%), Alcohol %: 0.17% (100%), Protein: 2.48g (4.96%), Vitamin C: 20.42mg (24.75%), Manganese: 0.28mg (13.8%), Folate: 36.11µg (9.03%), Vitamin K: 9.11µg (8.68%), Vitamin B1: 0.13mg (8.48%), Selenium: 5.54µg (7.92%), Vitamin A: 354.26IU (7.09%), Vitamin B2: 0.11mg (6.31%), Fiber: 1.48g (5.93%), Vitamin B3: 1.05mg (5.25%), Calcium: 50.83mg (5.08%), Iron: 0.91mg (5.03%), Potassium: 170.09mg (4.86%), Phosphorus: 42.9mg (4.29%), Magnesium: 12.72mg (3.18%), Vitamin E: 0.47mg (3.1%), Copper: 0.05mg (2.31%), Vitamin B5: 0.19mg (1.9%), Zinc: 0.27mg (1.77%), Vitamin B6: 0.04mg (1.76%), Vitamin D: 0.2µg (1.34%), Vitamin B12: 0.07µg (1.19%)