

Upside-Down Berry Cake

 Dairy Free

READY IN



50 min.

SERVINGS



15

CALORIES



240 kcal

DESSERT

Ingredients

- 1 cup blueberries fresh
- 2 tablespoons canola oil
- 2 eggs
- 1.5 cups marshmallows miniature
- 1 cup raspberries fresh halved
- 3 ounces raspberry gelatin
- 1 cup strawberries fresh sliced
- 0.3 cup sugar

- 0.5 cup walnut pieces chopped
- 1.3 cups water
- 1 package cake mix yellow (regular size)

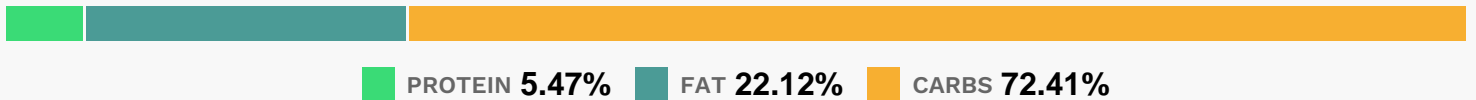
Equipment

- bowl
- oven
- baking pan
- toothpicks

Directions

- In a well greased 13x9-in. baking pan, layer the walnuts and berries; sprinkle with sugar and gelatin. In a large bowl, combine the cake mix, eggs, water and oil; beat on low speed for 30 seconds. Beat on medium for 2 minutes. Fold in marshmallows.
- Pour over top.
- Bake at 350° for 35–40 minutes or until a toothpick inserted near the center comes out clean. Cool for 5 minutes before inverting onto a serving platter. Refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:17.11, Glycemic Load:5.65, Inflammation Score:-2, Nutrition Score:5.6578261256218%

Flavonoids

Cyanidin: 4.76mg, Cyanidin: 4.76mg, Cyanidin: 4.76mg, Cyanidin: 4.76mg Petunidin: 3.15mg, Petunidin: 3.15mg, Petunidin: 3.15mg, Petunidin: 3.15mg Delphinidin: 3.63mg, Delphinidin: 3.63mg, Delphinidin: 3.63mg, Delphinidin: 3.63mg Malvidin: 6.68mg, Malvidin: 6.68mg, Malvidin: 6.68mg, Malvidin: 6.68mg Pelargonidin: 2.46mg, Pelargonidin: 2.46mg, Pelargonidin: 2.46mg, Pelargonidin: 2.46mg Peonidin: 2.02mg, Peonidin: 2.02mg, Peonidin: 2.02mg, Peonidin: 2.02mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg

Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 240.43kcal (12.02%), Fat: 6.06g (9.32%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 44.62g (14.87%), Net Carbohydrates: 42.99g (15.63%), Sugar: 27.93g (31.04%), Cholesterol: 21.82mg (7.27%), Sodium: 291.04mg (12.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.75%), Manganese: 0.33mg (16.28%), Phosphorus: 146.16mg (14.62%), Vitamin C: 8.75mg (10.6%), Folate: 34.81µg (8.7%), Calcium: 84.9mg (8.49%), Vitamin B2: 0.12mg (7.32%), Vitamin B1: 0.1mg (6.93%), Fiber: 1.63g (6.51%), Copper: 0.12mg (6.17%), Iron: 1.08mg (5.98%), Vitamin E: 0.89mg (5.91%), Selenium: 3.58µg (5.11%), Vitamin K: 5.19µg (4.95%), Vitamin B3: 0.98mg (4.88%), Vitamin B6: 0.07mg (3.59%), Magnesium: 14.32mg (3.58%), Vitamin B5: 0.29mg (2.89%), Zinc: 0.36mg (2.38%), Potassium: 76.57mg (2.19%), Vitamin B12: 0.09µg (1.44%)