



Upside-Down Coffee Cake

READY IN



135 min.

SERVINGS



10

CALORIES



679 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 4 teaspoons double-acting baking powder
- 0.5 cup butter
- 4 eggs
- 3.3 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 2 cups brown sugar light
- 0.7 cup butter
- 1.3 cups milk
- 3 cups peaches fresh pitted sliced

- 0.5 teaspoon salt
- 2 teaspoons vanilla extract
- 1.3 cups sugar white

Equipment

- bowl
- frying pan
- sauce pan
- oven
- toothpicks
- aluminum foil
- springform pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Use a deep sided 10 inch pan, or wrap the outside of a 10 inch springform pan with aluminum foil to prevent leaking. Sift together the flour, baking powder, salt and cinnamon. Set aside.
- In a saucepan over medium heat, combine brown sugar and 1/2 cup butter. Bring to a boil, then pour into bottom of springform pan.
- Sprinkle with sliced peaches.
- In a large bowl, cream together 2/3 cup margarine and the white sugar until light and fluffy. Beat in the eggs one at a time, then stir in the vanilla. Beat in the flour mixture alternately with the milk.
- Pour batter over caramel and fruit in pan.
- Bake in the preheated oven for 90 minutes, or until a toothpick inserted into the center of the cake comes out clean. Cool in pan for 10 minutes, then invert onto serving platter and carefully remove pan. Be extremely careful of hot caramel and fruit juices!
- Serve warm.

Nutrition Facts



■ PROTEIN **4.81%** ■ FAT **32.23%** ■ CARBS **62.96%**

Properties

Glycemic Index:37.03, Glycemic Load:44.21, Inflammation Score:-7, Nutrition Score:12.056086861569%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 1.08mg, Epicatechin: 1.08mg, Epicatechin: 1.08mg, Epicatechin: 1.08mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 679.46kcal (33.97%), Fat: 24.72g (38.04%), Saturated Fat: 9.59g (59.95%), Carbohydrates: 108.68g (36.23%), Net Carbohydrates: 106.75g (38.82%), Sugar: 75.02g (83.36%), Cholesterol: 93.78mg (31.26%), Sodium: 558.43mg (24.28%), Alcohol: 0.28g (100%), Alcohol %: 0.15% (100%), Protein: 8.3g (16.61%), Selenium: 21.93µg (31.33%), Vitamin B1: 0.37mg (24.38%), Vitamin A: 1123.9IU (22.48%), Folate: 88.24µg (22.06%), Vitamin B2: 0.36mg (21.23%), Calcium: 198.2mg (19.82%), Manganese: 0.39mg (19.25%), Phosphorus: 166.07mg (16.61%), Iron: 2.92mg (16.23%), Vitamin B3: 2.94mg (14.71%), Vitamin E: 1.3mg (8.67%), Fiber: 1.93g (7.71%), Vitamin B5: 0.73mg (7.29%), Potassium: 244.56mg (6.99%), Copper: 0.13mg (6.65%), Vitamin B12: 0.37µg (6.11%), Magnesium: 24.17mg (6.04%), Zinc: 0.79mg (5.26%), Vitamin B6: 0.1mg (5%), Vitamin D: 0.71µg (4.73%), Vitamin K: 2.52µg (2.4%), Vitamin C: 1.93mg (2.34%)