

Upside-Down Cranberry-Ginger Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



311 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 cup butter softened
- ☐ 2 tablespoons butter
- ☐ 3 cups cranberries fresh
- ☐ 0.3 teaspoon cream of tartar
- ☐ 2 large egg whites
- ☐ 2 large egg yolks
- ☐ 0.5 cup milk fat-free

- ☐ 1.5 cups flour all-purpose
- ☐ 1.5 tablespoons ginger fresh grated peeled
- ☐ 1 cup granulated sugar
- ☐ 0.8 cup brown sugar light packed
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.7 cup non-dairy whipped topping fat-free frozen thawed

Equipment

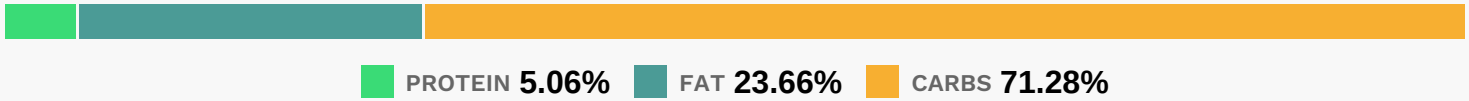
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ cake form
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Heat a 9-inch round cake pan over medium heat; coat pan with cooking spray.
- ☐ Add brown sugar and 2 tablespoons butter to pan, stirring until melted. Stir in ginger; cook 1 minute, stirring constantly.
- ☐ Remove from heat; arrange cranberries on top of brown sugar mixture.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, and salt.
- ☐ Combine 1/4 cup butter and granulated sugar in a large bowl; beat with a mixer at high speed until fluffy.
- ☐ Add egg yolks, 1 at a time, beating well after each addition.

- ☐ Add flour mixture and milk alternately to butter mixture, beginning and ending with flour mixture; mix after each addition. Beat in vanilla.
- ☐ Beat egg whites and cream of tartar with a mixer at medium speed until stiff peaks form. Fold egg whites into batter; pour batter over cranberries in prepared pan.
- ☐ Bake at 350 for 55 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 15 minutes; run a knife around outside edge.
- ☐ Place a plate upside down on top of cake pan; invert cake onto plate. Top each serving with whipped topping.

Nutrition Facts



Properties

Glycemic Index:43.03, Glycemic Load:25.88, Inflammation Score:-4, Nutrition Score:6.0913043125816%

Flavonoids

Cyanidin: 13.93mg, Cyanidin: 13.93mg, Cyanidin: 13.93mg, Cyanidin: 13.93mg Delphinidin: 2.3mg, Delphinidin: 2.3mg, Delphinidin: 2.3mg, Delphinidin: 2.3mg Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 14.75mg, Peonidin: 14.75mg, Peonidin: 14.75mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 1.31mg, Epicatechin: 1.31mg, Epicatechin: 1.31mg, Epicatechin: 1.31mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 1.99mg, Myricetin: 1.99mg, Myricetin: 1.99mg, Myricetin: 1.99mg Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg

Nutrients (% of daily need)

Calories: 311.12kcal (15.56%), Fat: 8.34g (12.83%), Saturated Fat: 4.86g (30.4%), Carbohydrates: 56.54g (18.85%), Net Carbohydrates: 54.91g (19.97%), Sugar: 38.85g (43.17%), Cholesterol: 56.11mg (18.7%), Sodium: 224.65mg (9.77%), Alcohol: 0.14g (100%), Alcohol %: 0.14% (100%), Protein: 4.02g (8.03%), Selenium: 10.42µg (14.88%), Manganese: 0.25mg (12.7%), Vitamin B2: 0.2mg (11.76%), Vitamin B1: 0.17mg (11.47%), Folate: 41.47µg (10.37%), Calcium: 94.82mg (9.48%), Phosphorus: 74.91mg (7.49%), Iron: 1.27mg (7.03%), Fiber: 1.63g (6.52%), Vitamin A: 312.56IU (6.25%), Vitamin B3: 1.21mg (6.04%), Vitamin C: 4.25mg (5.15%), Vitamin E: 0.7mg (4.66%), Vitamin B12: 0.23µg (3.86%), Vitamin B5: 0.36mg (3.62%), Potassium: 126.26mg (3.61%), Copper: 0.06mg (3.06%), Vitamin B6: 0.06mg (2.98%), Magnesium: 11.06mg (2.77%), Zinc: 0.33mg (2.19%), Vitamin D: 0.32µg (2.12%), Vitamin K: 2.19µg (2.09%)