



Upside-down peach sponge

 Vegetarian

READY IN



85 min.

SERVINGS



15

CALORIES



289 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 250 g butter softened for greasing
- ☐ 280 g self raising flour
- ☐ 250 g brown sugar
- ☐ 0.5 tsp double-acting baking powder
- ☐ 4 eggs
- ☐ 150 ml yogurt
- ☐ 1 tsp vanilla paste
- ☐ 2 tbsp sugar mixed with 1 tbsp flour

- ☐ 1 small raspberries
- ☐ 2 peaches drained canned

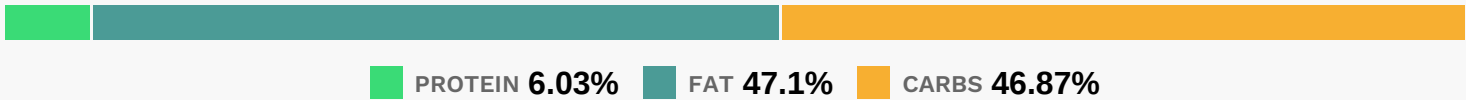
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ skewers

Directions

- ☐ First make the topping.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ Grease a 20 x 30cm baking or roasting tin and line with baking parchment.
- ☐ Sprinkle with the sugar-flour mix. Push a raspberry or cherry into the cavity of each peach half, then place the peaches, cut-side down, in the tin.
- ☐ To make the sponge batter, beat the butter, flour, sugar, baking powder, eggs, yogurt and vanilla in a large bowl with an electric whisk until lump-free. Spoon the mix into the tin, over and around the peaches, then bake for 50 mins-1 hr until golden and risen and a skewer poked in comes out clean.
- ☐ Cool briefly, then carefully run a cutlery knife around the edges to release any stuck bits. Turn the cake out onto a board and cut into squares. Delicious eaten warm with ice cream.

Nutrition Facts



Properties

Glycemic Index:24.29, Glycemic Load:10.72, Inflammation Score:-3, Nutrition Score:4.241304402766%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 289.36kcal (14.47%), Fat: 15.34g (23.6%), Saturated Fat: 9.2g (57.5%), Carbohydrates: 34.34g (11.45%), Net Carbohydrates: 33.58g (12.21%), Sugar: 20.24g (22.49%), Cholesterol: 80.83mg (26.94%), Sodium: 152.5mg (6.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.84%), Selenium: 12.04µg (17.2%), Vitamin A: 555.73IU (11.11%), Manganese: 0.18mg (8.77%), Phosphorus: 63.64mg (6.36%), Vitamin B2: 0.09mg (5.4%), Calcium: 49.59mg (4.96%), Vitamin E: 0.74mg (4.92%), Vitamin B5: 0.37mg (3.73%), Folate: 14.29µg (3.57%), Copper: 0.07mg (3.35%), Iron: 0.59mg (3.26%), Fiber: 0.76g (3.03%), Zinc: 0.44mg (2.92%), Potassium: 101.74mg (2.91%), Vitamin B12: 0.17µg (2.85%), Magnesium: 10.82mg (2.71%), Vitamin B6: 0.04mg (2.13%), Vitamin B3: 0.39mg (1.95%), Vitamin B1: 0.03mg (1.89%), Vitamin K: 1.89µg (1.8%), Vitamin D: 0.25µg (1.63%), Vitamin C: 0.91mg (1.1%)