



Upside-down peaches & cream cake



Vegetarian



Popular

READY IN



55 min.

SERVINGS



8

CALORIES



645 kcal

DESSERT

Ingredients

- ☐ 200 g butter soft for greasing
- ☐ 200 g self raising flour
- ☐ 1 tsp double-acting baking powder
- ☐ 200 g brown sugar
- ☐ 4 eggs
- ☐ 2 tbsp milk
- ☐ 3 peaches ripe
- ☐ 85 g brown sugar light

- ☐ 232 g clotted cream
- ☐ 2 tbsp brown sugar
- ☐ 0.5 tsp vanilla extract

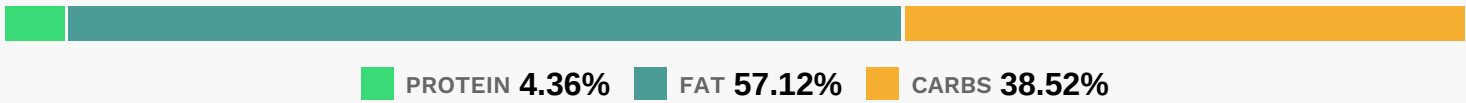
Equipment

- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Heat the oven to 180C/160f fan/gas 4, line the tins and make the sponge base as described in the 'goes well with' recipe (below right), but do not divide it between the tins just yet.
- ☐ Halve and stone the peaches, then cut each half into
- ☐ Toss the peaches with the sugar, then arrange in a single layer in one of the tins. Tip half the cake mix over the peaches and the other half into the second tin.
- ☐ Bake for 20-25 mins until cooked and golden the tin containing the peaches may take 5-10 mins longer than the other. Leave to cool on a wire rack while you make the filling.
- ☐ Whisk the clotted cream with the sugar and vanilla until stiff.
- ☐ Spread this over the plain sponge, then carefully top with the peach sponge.

Nutrition Facts



Properties

Glycemic Index:35.91, Glycemic Load:13.91, Inflammation Score:-5, Nutrition Score:7.6234782156737%

Flavonoids

Cyanidin: 1.08mg, Cyanidin: 1.08mg, Cyanidin: 1.08mg, Cyanidin: 1.08mg Catechin: 2.77mg, Catechin: 2.77mg, Catechin: 2.77mg, Catechin: 2.77mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg

0.12mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 644.9kcal (32.25%), Fat: 41.47g (63.8%), Saturated Fat: 25.19g (157.46%), Carbohydrates: 62.91g (20.97%), Net Carbohydrates: 61.47g (22.35%), Sugar: 43.24g (48.04%), Cholesterol: 182.44mg (60.81%), Sodium: 273.02mg (11.87%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Protein: 7.12g (14.25%), Selenium: 18.65µg (26.64%), Vitamin A: 1049.5IU (20.99%), Manganese: 0.26mg (13.2%), Phosphorus: 121.53mg (12.15%), Vitamin E: 1.71mg (11.4%), Calcium: 111.24mg (11.12%), Vitamin B2: 0.15mg (8.64%), Iron: 1.14mg (6.36%), Vitamin B5: 0.63mg (6.25%), Copper: 0.12mg (6.18%), Potassium: 212.62mg (6.07%), Fiber: 1.44g (5.78%), Folate: 23.1µg (5.78%), Magnesium: 19.93mg (4.98%), Zinc: 0.68mg (4.5%), Vitamin B12: 0.26µg (4.31%), Vitamin B6: 0.08mg (3.98%), Vitamin B3: 0.78mg (3.89%), Vitamin D: 0.58µg (3.85%), Vitamin K: 3.59µg (3.42%), Vitamin B1: 0.05mg (3.05%), Vitamin C: 2.31mg (2.8%)