

Cranberry Upside-Down Cake

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Servings: 9

8 tablespoons (one stick) unsalted butter, divided

1 1/2 cups fresh or frozen cranberries

1/3 cup chopped pecans (or walnuts)

1/3 cup sugar

1/2 cup sugar

1 large egg

1/2 cup all-purpose flour

Preparation Time: 10 minutes

Preheat the oven to 325 degrees.

Coat a nine-inch-square baking dish with 2 tablespoons of butter. Spread the cranberries, pecans and 1/3 cup of sugar evenly over the bottom of the dish.

Melt the remaining six tablespoons of butter in a microwave or on the stovetop.

In a bowl, combine 1/2 cup of sugar with the egg. Beat with an electric mixer for about 1 minute until thick and pale. Beat in the flour and butter until smooth. Pour the batter over the cranberries.

Bake for 35 to 40 minutes or until a toothpick inserted in the center comes out clean.

Let stand about 10 minutes to cool. Release the sides of the cake from the pan with a knife. Invert on a serving plate.

Start to Finish Time: 1 hour

Per Serving (excluding unknown items): 828 Calories; 82g Fat (87.7% calories from fat); 2g Protein; 24g Carbohydrate; trace Dietary Fiber; 244mg Cholesterol; 19mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 16 1/2 Fat; 1 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

% Calories from Fat:	87.7%
% Calories from Carbohydrates:	11.3%
% Calories from Protein:	1.1%
Total Fat (g):	82g
Saturated Fat (g):	51g
Monounsaturated Fat (g):	24g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	244mg
Carbohydrate (g):	24g
Dietary Fiber (g):	trace
Protein (g):	2g
Sodium (mg):	19mg
Potassium (mg):	41mg
Calcium (mg):	28mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	0mg
Vitamin A (i.u.):	3110IU
Vitamin A (r.e.):	768RE

Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	16mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	16 1/2
Other Carbohydrates:	1

Nutrition Facts

Servings per Recipe: 9

Amount Per Serving

Calories 828 Calories from Fat: 725

% Daily Values*

Total Fat 82g	127%
Saturated Fat 51g	255%
Cholesterol 244mg	81%
Sodium 19mg	1%
Total Carbohydrates 24g	8%
Dietary Fiber trace	1%
Protein 2g	
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Vitamin A	62%
Vitamin C	0%
Calcium	3%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.