

Blackberry-Apple Upside-Down Cake

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Servings: 8

*3/4 cup butter
1/2 cup firmly packed light brown sugar
1/4 cup honey
2 large Gala apples, peeled and cut into 1/4-inch-thick slices
1 cup fresh or frozen blackberries
1 cup granulated sugar
2 large eggs
1 1/2 cups all-purpose flour
1 teaspoon baking powder
1/2 cup milk
1 teaspoon vanilla extract*

Preheat the oven to 350 degrees.

Melt 1/4 cup of butter in a lightly greased 9-inch round cake pan (with sides that are at least two inches high) over low heat. Remove from the heat. Sprinkle with brown sugar. Drizzle honey over the brown sugar.

Arrange the apple slices in concentric circles over the brown sugar mixture, overlapping as needed. Sprinkle with blackberries.

Beat the granulated sugar and remaining 1/2 cup of butter at medium speed with an electric mixer until blended. Add the eggs, one at a time, beating until blended after each addition.

Stir together the flour and baking powder. Add the flour mixture to the sugar mixture alternately with milk, beginning and ending with the flour mixture. Beat at low speed just until blended after each addition. Stir in the vanilla. Spoon the batter over the blackberries in the pan.

Bake for 45 to 50 minutes or until a wooden pick inserted in the center comes out clean. Cool in the pan on a wire rack for 10 minutes. Carefully run a knife around the edge of the cake to loosen. Invert the cake onto a serving plate, spooning any topping in the pan over the cake.

Start to Finish Time: 1 hour 15 minutes

One cup of cranberries can be substituted for the blackberries.

Per Serving (excluding unknown items): 448 Calories; 19g Fat (37.9% calories from fat); 5g Protein; 66g Carbohydrate; 1g Dietary Fiber; 102mg Cholesterol; 268mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 3 1/2 Fat; 3 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	448	Vitamin B6 (mg):	trace
% Calories from Fat:	37.9%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	57.9%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	4.1%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	19g	Folacin (mcg):	44mcg
Saturated Fat (g):	11g	Niacin (mg):	1mg
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	2
Cholesterol (mg):	102mg	% Refuse:	0.0%
Carbohydrate (g):	66g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	1
Protein (g):	5g	Lean Meat:	0
Sodium (mg):	268mg	Vegetable:	0
Potassium (mg):	124mg	Fruit:	0
Calcium (mg):	80mg	Non-Fat Milk:	0
Iron (mg):	2mg	Fat:	3 1/2
Zinc (mg):	trace	Other Carbohydrates:	3
Vitamin C (mg):	trace		
Vitamin A (i.u.):	730IU		
Vitamin A (r.e.):	184 1/2RE		

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 448 **Calories from Fat:** 170

% Daily Values*

Total Fat 19g	30%
Saturated Fat 11g	57%
Cholesterol 102mg	34%
Sodium 268mg	11%
Total Carbohydrates 66g	22%
Dietary Fiber 1g	3%
Protein 5g	
Vitamin A	15%
Vitamin C	0%
Calcium	8%
Iron	10%

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