

Blueberry Upside-Down Skillet Cake

Nettie Moore - Belfast, ME

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Servings: 8

1/4 cup butter, cubed
1 cup packed brown sugar
1/4 cup orange juice
1 cup fresh or frozen blueberries
1 1/2 cups all-purpose flour
1/2 cup sugar
2 teaspoons baking powder
1/2 teaspoon salt
1 egg
1/2 cup 2% milk
1/2 cup butter, melted
1/2 teaspoon almond extract
optional toppings: vanilla ice cream,
whipped cream and toasted almonds

Preparation Time: 25 minutes

Bake: 20 minutes

Preheat the oven to 400 degrees.

In a ten-inch ovenproof skillet, melt the cubed butter over medium-low heat. Stir in the brown sugar until dissolved. Remove from the heat. Stir in the orange juice. Sprinkle with blueberries.

In a large bowl, whisk the flour, sugar, baking powder and salt.

In another bowl, whisk the egg, milk, melted butter and almond extract until blended. Add to the flour mixture. Stir just until moistened. Pour over the blueberries.

Per Serving (excluding unknown items): 411 Calories; 18g Fat (39.7% calories from fat); 4g Protein; 59g Carbohydrate; 1g Dietary Fiber; 74mg Cholesterol; 459mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 3 1/2 Fat; 2 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	411	Vitamin B6 (mg):	trace
% Calories from Fat:	39.7%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	56.5%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	3.8%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	18g	Folacin (mcg):	45mcg
Saturated Fat (g):	11g	Niacin (mg):	1mg
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 1g
Cholesterol (mg): 74mg
Carbohydrate (g): 59g
Dietary Fiber (g): 1g
Protein (g): 4g
Sodium (mg): 459mg
Potassium (mg): 174mg
Calcium (mg): 123mg
Iron (mg): 2mg
Zinc (mg): trace
Vitamin C (mg): 4mg
Vitamin A (i.u.): 727IU
Vitamin A (r.e.): 182 1/2RE

Alcohol (kcal): trace
% Refuse: n n%

Food Exchanges

Grain (Starch): 1
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 3 1/2
Other Carbohydrates: 2 1/2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 411 **Calories from Fat:** 163

% Daily Values*

Total Fat 18g	28%
Saturated Fat 11g	56%
Cholesterol 74mg	25%
Sodium 459mg	19%
Total Carbohydrates 59g	20%
Dietary Fiber 1g	3%
Protein 4g	
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Vitamin A	15%
Vitamin C	7%
Calcium	12%
Iron	11%

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