

Let's Cook our Commodities!

Fruit Cocktail Upside Down Cake



Ingredients

- ½ cup whole wheat flour
- ¾ cup all-purpose (white) flour
- 2 tsp. baking powder
- ½ cup white sugar
- 1 can (15 oz.) fruit cocktail or mixed fruit in juice, with juice reserved
- 4 Tbsp. water
- Vegetable oil, to grease the baking pan

Makes
9 servings

Prep Time
15 minutes

Cook Time
35 minutes

Low in
Fat
Sodium



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Nutrition Facts

9 servings per container	
Serving size	1 slice (83g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 33g	12%
Dietary Fiber 1g	4%
Total Sugars 19g	
Includes 16g Added Sugars	32%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 56mg	4%
Iron 1mg	6%
Potassium 190mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Preheat oven to 340 F.
2. In a large mixing bowl, combine the whole wheat flour, all-purpose flour, baking powder, and sugar. Mix well.
3. Grease an 8x8 inch baking pan with vegetable oil, and line the bottom with parchment paper. Lightly grease the top of the paper.
4. Add the juice of the canned fruit into the mixing bowl, along with 4 tablespoons of water. Mix into the dry ingredients with a spoon or spatula, making a thick batter.
5. Arrange the strained fruit into the bottom of the baking pan. Spread the batter evenly over the fruit.
6. Bake for 35 minutes or until the top of the cake is golden and is springy to touch. A toothpick inserted into the middle of the cake should come out clean. If not, bake for another 5 minutes.
7. Remove cake from the oven. Let cool for 5 minutes.
8. Put a dish over the cake and carefully flip the pan over. Slowly remove the pan and peel the parchment paper. Use a knife to remove any fruit that remains stuck.
9. Cut into 9 equal pieces. Serve hot. Refrigerate leftovers.

