



Amaretto-Pear Streusel Cake

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



256 kcal

DESSERT

Ingredients

- 0.3 cup amaretto (almond-flavored liqueur)
- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1.5 cups bosc pear cored peeled finely chopped (2)
- 0.5 cup brown sugar packed
- 0.3 cup butter softened
- 1 tablespoon butter softened
- 3 large eggs

- 2 tablespoons flour all-purpose
- 9 ounces flour all-purpose
- 1 cup granulated sugar
- 1 teaspoon ground cinnamon
- 0.8 cup cup heavy whipping cream sour reduced-fat
- 2 tablespoons regular oats
- 0.5 teaspoon salt
- 0.3 cup slivered almonds

Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- blender
- baking pan
- measuring cup

Directions

- Preheat oven to 35
- To prepare topping, combine brown sugar, oats, 2 tablespoons flour, 1 tablespoon butter, and cinnamon in a small bowl. Stir in almonds; set aside.
- To prepare cake, lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, baking soda, baking powder, and salt.
- Place granulated sugar and 1/3 cup butter in a large bowl; beat with a mixer at high speed for 5 minutes or until well blended. Reduce mixer speed to medium; add eggs, 1 at a time, beating well after each addition.
- Add flour mixture and sour cream alternately to sugar mixture, beginning and ending with flour mixture. Stir in amaretto and pear.

- Spoon batter into a 13 x 9-inch baking pan coated with cooking spray; sprinkle topping evenly over batter.
- Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack.

Nutrition Facts



Properties

Glycemic Index:33.59, Glycemic Load:20.24, Inflammation Score:-3, Nutrition Score:5.5243478235991%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 256.25kcal (12.81%), Fat: 8.52g (13.11%), Saturated Fat: 4.28g (26.75%), Carbohydrates: 40.06g (13.35%), Net Carbohydrates: 38.63g (14.05%), Sugar: 23.49g (26.1%), Cholesterol: 54.08mg (18.03%), Sodium: 244.03mg (10.61%), Alcohol: 1.02g (100%), Alcohol %: 1.44% (100%), Protein: 4.26g (8.53%), Selenium: 10.12µg (14.46%), Manganese: 0.25mg (12.33%), Vitamin B2: 0.19mg (10.96%), Vitamin B1: 0.16mg (10.73%), Folate: 41.62µg (10.41%), Phosphorus: 72.06mg (7.21%), Iron: 1.27mg (7.08%), Vitamin E: 0.93mg (6.19%), Vitamin B3: 1.22mg (6.09%), Calcium: 57.58mg (5.76%), Fiber: 1.44g (5.75%), Vitamin A: 245.55IU (4.91%), Copper: 0.08mg (4.13%), Magnesium: 16.07mg (4.02%), Potassium: 109.89mg (3.14%), Zinc: 0.45mg (2.97%), Vitamin B5: 0.28mg (2.77%), Vitamin B12: 0.15µg (2.46%), Vitamin B6: 0.04mg (1.97%), Vitamin D: 0.22µg (1.49%), Vitamin K: 1.33µg (1.26%)