



Anjou pear cake

READY IN



65 min.

SERVINGS



6

CALORIES



272 kcal

DESSERT

Ingredients

- ☐ 50 g butter melted for the tin
- ☐ 500 g buttery pears cored ripe peeled roughly chopped
- ☐ 1 juice of lemon
- ☐ 1 tbsp poire william liqueur
- ☐ 75 g flour plain
- ☐ 1 tsp double-acting baking powder
- ☐ 75 g caster sugar
- ☐ 2 eggs beaten
- ☐ 2 tbsp apricot preserves for the glaze

☐ 6 servings crème fraîche

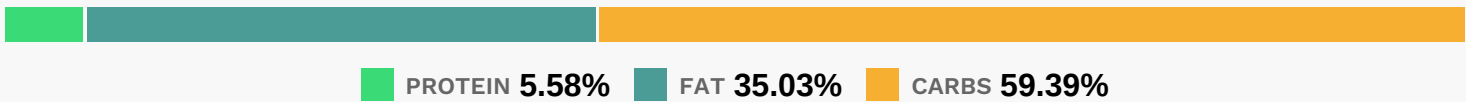
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ sieve
- ☐ cake form
- ☐ skewers

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Line a 20cm loose-bottomed cake tin with baking parchment and brush with butter.
- ☐ Put the prepared pears in a bowl with the lemon juice and Poire William, if using, to prevent them discolouring. Sieve the flour and baking powder into a bowl, adding a pinch of salt and the caster sugar. Next beat in the eggs and melted butter. Finally, fold in the pears with their juices.
- ☐ Pour the cake mixture into the tin.
- ☐ Bake for about 50 mins or until a skewer comes out clean.
- ☐ Place on a wire rack and allow to cool slightly before removing from the tin, gently peeling away the parchment.
- ☐ To make the glaze, melt the apricot jam with 1 tbsp water and pass through a sieve to remove any lumps.
- ☐ Brush the cake with the glaze, dust with icing sugar and serve warm with crme frache.

Nutrition Facts



Properties

Glycemic Index:53.97, Glycemic Load:19.53, Inflammation Score:-4, Nutrition Score:5.9752173942068%

Flavonoids

Cyanidin: 1.72mg, Cyanidin: 1.72mg, Cyanidin: 1.72mg, Cyanidin: 1.72mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 3.15mg, Epicatechin: 3.15mg, Epicatechin: 3.15mg, Epicatechin: 3.15mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 272.31kcal (13.62%), Fat: 10.79g (16.59%), Saturated Fat: 5.99g (37.47%), Carbohydrates: 41.14g (13.71%), Net Carbohydrates: 38.18g (13.88%), Sugar: 25.08g (27.87%), Cholesterol: 79.56mg (26.52%), Sodium: 163.32mg (7.1%), Alcohol: 0.99g (100%), Alcohol %: 0.8% (100%), Protein: 3.87g (7.73%), Selenium: 9.57µg (13.67%), Fiber: 2.96g (11.83%), Vitamin B2: 0.18mg (10.47%), Folate: 37.64µg (9.41%), Phosphorus: 81.06mg (8.11%), Vitamin A: 397.01IU (7.94%), Vitamin B1: 0.12mg (7.87%), Calcium: 78.52mg (7.85%), Vitamin C: 6.21mg (7.53%), Manganese: 0.13mg (6.73%), Iron: 1.12mg (6.25%), Copper: 0.11mg (5.37%), Vitamin B3: 0.9mg (4.52%), Potassium: 157.97mg (4.51%), Vitamin K: 4.51µg (4.3%), Vitamin B5: 0.38mg (3.78%), Vitamin E: 0.52mg (3.44%), Vitamin B6: 0.06mg (3.17%), Magnesium: 12.48mg (3.12%), Vitamin B12: 0.17µg (2.83%), Zinc: 0.41mg (2.77%), Vitamin D: 0.29µg (1.96%)