



Black Sesame-Pear Tea Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



299 kcal

DESSERT

Ingredients

- ☐ 1 cup almond flour
- ☐ 2 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 tablespoons sesame seeds black
- ☐ 1 medium bosc pear firm cored ripe peeled cut into 1/4" cubes (medium)
- ☐ 0.8 cup buttermilk
- ☐ 1 large eggs
- ☐ 1 large egg yolk

- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon kosher salt
- ☐ 1.3 cups sugar
- ☐ 0.5 cup butter unsalted plus more room temperature (1 stick)

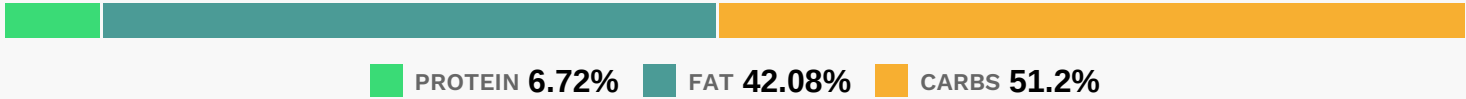
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 325°F. Butter one 9x5x3" loaf pan or six 4x2x2" paper or metal loaf pans.
- ☐ Whisk 1 1/2 cups flour, next 4 ingredients, and 2 tablespoons sesame seeds in a medium bowl. Grind remaining 1/2 cup sesame seeds in spice mill to form a thick paste, about 2 minutes.
- ☐ Using an electric mixer, beat 1/2 cup butter and 1 1/3 cups sugar in a large bowl until well combined, 2–3 minutes.
- ☐ Add sesame paste and beat, occasionally scraping down sides of bowl, until blended, 1–2 minutes.
- ☐ Add egg and egg yolk. Beat until pale and fluffy, 3–4 minutes. On low speed, beat in flour mixture in 3 additions, alternating with buttermilk in 2 additions, beginning and ending with dry ingredients. Toss pear with remaining 2 tablespoons flour in a small bowl; fold into batter.
- ☐ Spoon batter into prepared pan; smooth top.
- ☐ Sprinkle with remaining 2 tablespoons sugar.
- ☐ Bake until a tester comes out clean when inserted into center, about 1 hour 40 minutes for large loaf and 45–55 minutes for small loaves.
- ☐ Let cool in pans on a wire rack.

Nutrition Facts



Properties

Glycemic Index:28.32, Glycemic Load:25.25, Inflammation Score:-3, Nutrition Score:5.1747825612193%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 299.25kcal (14.96%), Fat: 14.47g (22.26%), Saturated Fat: 5.86g (36.6%), Carbohydrates: 39.61g (13.2%), Net Carbohydrates: 37.58g (13.66%), Sugar: 24.76g (27.51%), Cholesterol: 52.79mg (17.6%), Sodium: 237.38mg (10.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.19g (10.39%), Selenium: 8.63µg (12.33%), Calcium: 99.42mg (9.94%), Vitamin B1: 0.15mg (9.78%), Folate: 35.99µg (9%), Vitamin B2: 0.14mg (8.48%), Iron: 1.5mg (8.34%), Fiber: 2.03g (8.12%), Manganese: 0.15mg (7.53%), Phosphorus: 70.44mg (7.04%), Vitamin A: 307.87IU (6.16%), Vitamin B3: 1.03mg (5.14%), Copper: 0.1mg (5.01%), Vitamin D: 0.5µg (3.31%), Magnesium: 11.6mg (2.9%), Zinc: 0.38mg (2.55%), Vitamin B12: 0.15µg (2.5%), Vitamin B5: 0.25mg (2.5%), Vitamin E: 0.34mg (2.27%), Potassium: 70.58mg (2.02%), Vitamin B6: 0.04mg (1.97%), Vitamin K: 1.43µg (1.36%)