



Buttermilk Spice Cake with Pear Compote and Crème Fraîche

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



354 kcal

DESSERT

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 0.5 teaspoon double-acting baking powder (scant)
- ☐ 0.3 teaspoon baking soda
- ☐ 3 bosc pears cored peeled quartered cut into 1/2-inch cubes ()
- ☐ 0.8 cup buttermilk
- ☐ 0.3 cup cornstarch
- ☐ 1.5 cups crème fraîche

- ☐ 2 large eggs
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.1 teaspoon ground ginger
- ☐ 0.1 teaspoon ground pepper black
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 teaspoon lime zest finely grated
- ☐ 10 servings powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon ground star anise whole
- ☐ 0.8 cup sugar
- ☐ 0.5 cup butter unsalted room temperature (1 stick)
- ☐ 1 piece vanilla pod split

Equipment

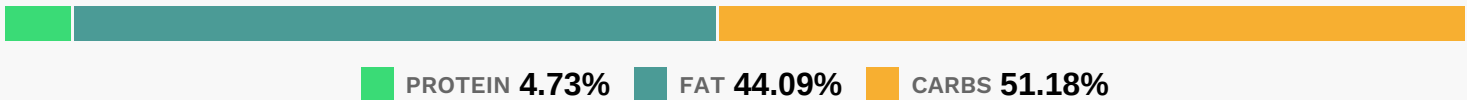
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ sieve
- ☐ blender

Directions

- ☐ Mix sugar, lime juice, and salt in heavy large saucepan.
- ☐ Add pears and toss gently to coat. Cover and cook over medium-low heat until pears are just tender, stirring occasionally, 10 to 12 minutes.
- ☐ Transfer mixture to bowl. DO AHEAD: Can be made 1 day ahead. Chill until cold, then cover and keep chilled.

- ☐ Preheat oven to 350°F. Butter and flour 9-inch-diameter cake pan with 2-inch-high sides; line pan with round of parchment paper. Sift first 9 ingredients into medium bowl. Using electric mixer, beat butter in large bowl until fluffy. Gradually add sugar, beating until smooth. Beat in eggs 1 at a time, beating to blend between additions. Scrape in seeds from vanilla bean and add lime peel; beat to blend. Beat in flour mixture in 4 additions alternately with buttermilk in 3 additions, scraping down bowl occasionally.
- ☐ Transfer batter to prepared pan.
- ☐ Bake cake until beginning to brown on top and tester inserted into center comes out clean, about 30 minutes. Cool cake in pan on cooling rack. DO AHEAD: Cake can be made 1 day ahead. Cover and let stand at room temperature.
- ☐ Cut around pan sides to loosen cake. Turn cake out onto rack; peel off parchment and turn right side up onto platter. Sift powdered sugar over.
- ☐ Cut into wedges.
- ☐ Serve with pear compote and dollop of crème fraîche.
- ☐ * A brown, star-shaped seedpod that's available in the spice section of some supermarkets and at specialty foods stores and Asian markets.
- ☐ ** Available at most supermarkets and at specialty foods stores.
- ☐ Grind the star anise pods in a spice mill, then strain through a fine sieve. Use only the most finely ground star anise in the cake. Or you can buy ground star anise at penzeys.com.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:38.88, Glycemic Load:20.08, Inflammation Score:-4, Nutrition Score:6.1065217619357%

Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 2.01mg, Epicatechin: 2.01mg, Epicatechin: 2.01mg, Epicatechin: 2.01mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg

Eriodictyol: 0.03mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 354.24kcal (17.71%), Fat: 17.78g (27.36%), Saturated Fat: 10g (62.52%), Carbohydrates: 46.45g (15.48%), Net Carbohydrates: 44.4g (16.14%), Sugar: 30.16g (33.51%), Cholesterol: 83.94mg (27.98%), Sodium: 211.33mg (9.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.58%), Selenium: 9.67µg (13.81%), Vitamin B2: 0.22mg (12.88%), Vitamin A: 596.87IU (11.94%), Phosphorus: 89.35mg (8.94%), Folate: 34.8µg (8.7%), Calcium: 83.6mg (8.36%), Vitamin B1: 0.13mg (8.34%), Fiber: 2.05g (8.22%), Manganese: 0.14mg (6.78%), Iron: 0.97mg (5.37%), Potassium: 163.52mg (4.67%), Vitamin B3: 0.89mg (4.46%), Vitamin B12: 0.26µg (4.39%), Vitamin B5: 0.43mg (4.34%), Copper: 0.09mg (4.32%), Vitamin D: 0.6µg (4.03%), Vitamin E: 0.59mg (3.92%), Vitamin C: 3.09mg (3.75%), Vitamin K: 3.83µg (3.65%), Magnesium: 13.68mg (3.42%), Zinc: 0.47mg (3.15%), Vitamin B6: 0.06mg (3.01%)