



Caramel-Glazed Pear Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



452 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 3 cups purée of usa bartlett pear diced ripe peeled
- 12 servings individually wrapped caramels
- 3 large eggs
- 3 cups flour all-purpose
- 1.5 cups pecans coarsely chopped
- 1 teaspoon salt
- 1 tablespoon sugar

- 2 cups sugar
- 2 teaspoons vanilla extract
- 1.3 cups vegetable oil

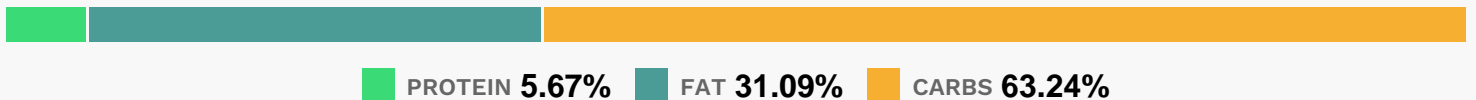
Equipment

- frying pan
- oven
- hand mixer
- kugelhopf pan

Directions

- Toss together pears and 1 tablespoon sugar; let stand 5 minutes.
- Beat eggs, 2 cups sugar, and oil at medium speed with an electric mixer until blended.
- Combine flour, salt, and baking soda, and add to egg mixture, beating at low speed until blended. Fold in pears, chopped pecans, and vanilla extract.
- Pour batter into a greased and floured 10-inch Bundt pan.
- Bake at 350 for 1 hour or until a wooden pick inserted in center of cake comes out clean.
- Remove from pan, and drizzle Caramel Glaze over warm cake.

Nutrition Facts



Properties

Glycemic Index:27.6, Glycemic Load:47.99, Inflammation Score:-4, Nutrition Score:9.9252173434133%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg

Nutrients (% of daily need)

Calories: 451.64kcal (22.58%), Fat: 15.92g (24.5%), Saturated Fat: 2.15g (13.41%), Carbohydrates: 72.89g (24.3%), Net Carbohydrates: 69.77g (25.37%), Sugar: 44.91g (49.9%), Cholesterol: 47.2mg (15.73%), Sodium: 328.62mg (14.29%), Alcohol: 0.23g (100%), Alcohol %: 0.18% (100%), Protein: 6.53g (13.07%), Manganese: 0.79mg (39.55%), Vitamin B1: 0.35mg (23.1%), Selenium: 15.32µg (21.89%), Folate: 68.29µg (17.07%), Vitamin B2: 0.27mg (15.85%), Fiber: 3.12g (12.47%), Copper: 0.23mg (11.73%), Iron: 2.08mg (11.57%), Phosphorus: 108.07mg (10.81%), Vitamin B3: 2.07mg (10.37%), Vitamin K: 10.43µg (9.93%), Magnesium: 27.23mg (6.81%), Zinc: 1.02mg (6.78%), Vitamin E: 0.78mg (5.22%), Vitamin B5: 0.51mg (5.12%), Potassium: 159.89mg (4.57%), Vitamin B6: 0.08mg (3.79%), Calcium: 37.84mg (3.78%), Vitamin B12: 0.14µg (2.35%), Vitamin C: 1.72mg (2.08%), Vitamin A: 88.43IU (1.77%), Vitamin D: 0.25µg (1.67%)