



Caramel Pear and Cranberry Pudding Cake

 Vegetarian

READY IN



165 min.

SERVINGS



6

CALORIES



287 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 purée of usa bartlett pear cored ripe peeled sliced
- ☐ 2 tablespoons butter melted
- ☐ 0.7 cup mrs richardson's butterscotch caramel sauce warmed
- ☐ 0.8 cup cranberries
- ☐ 6 servings crème fraîche
- ☐ 1 cup flour
- ☐ 1 cup milk

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar

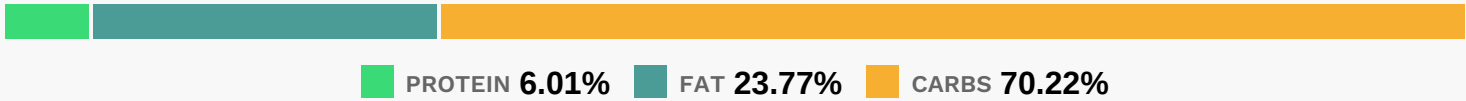
Equipment

- ☐ bowl
- ☐ whisk
- ☐ toothpicks
- ☐ spatula

Directions

- ☐ Coat the cooking insert of a 5- to 6-qt. slow-cooker* all over with cooking-oil spray. Evenly spread caramel on bottom, then top with an even layer of pears.
- ☐ Sprinkle with cranberries.
- ☐ Whisk together flour, sugar, salt, baking powder, milk, and butter in a medium bowl until mostly smooth with only tiny lumps remaining.
- ☐ Pour over fruit and spread with a spatula to cover evenly.
- ☐ Cover and cook until a toothpick inserted in cake portion comes out clean, about 1 hour and 20 minutes on high or 2 1/4 hours on low.
- ☐ Remove basin from slow-cooker and let pudding cake cool 5 minutes. Spoon onto plates, pear side up, and dollop with crme frache.
- ☐ *You can use a 4-qt. slow-cooker, but may need to increase the cooking time.

Nutrition Facts



Properties

Glycemic Index:68.52, Glycemic Load:21.58, Inflammation Score:-4, Nutrition Score:6.8295652037082%

Flavonoids

Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg,

Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 287.26kcal (14.36%), Fat: 7.76g (11.93%), Saturated Fat: 4.4g (27.5%), Carbohydrates: 51.56g (17.19%), Net Carbohydrates: 48.71g (17.71%), Sugar: 31.34g (34.82%), Cholesterol: 21.99mg (7.33%), Sodium: 400.61mg (17.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.82%), Vitamin B1: 0.2mg (13.17%), Selenium: 8.78µg (12.54%), Calcium: 124.41mg (12.44%), Vitamin B2: 0.2mg (11.78%), Fiber: 2.85g (11.41%), Manganese: 0.23mg (11.27%), Folate: 43.17µg (10.79%), Phosphorus: 106.11mg (10.61%), Vitamin B3: 1.4mg (6.98%), Iron: 1.2mg (6.65%), Vitamin A: 303.97IU (6.08%), Vitamin C: 4.59mg (5.57%), Potassium: 186.25mg (5.32%), Vitamin B12: 0.3µg (4.97%), Copper: 0.09mg (4.33%), Magnesium: 16.51mg (4.13%), Vitamin B5: 0.39mg (3.9%), Vitamin K: 3.57µg (3.4%), Vitamin B6: 0.06mg (3.08%), Vitamin D: 0.45µg (2.98%), Vitamin E: 0.44mg (2.9%), Zinc: 0.42mg (2.78%)