



Classic Pear Upside-Down Cake

READY IN



95 min.

SERVINGS



12

CALORIES



364 kcal

DESSERT

Ingredients

- 2 cups powdered sugar
- 0.8 cup butter softened
- 3 eggs
- 1 teaspoon vanilla
- 1 cup flour all-purpose
- 0.5 cup cornmeal
- 1 teaspoon double-acting baking powder
- 0.3 cup butter
- 0.8 cup brown sugar packed

- 2 pears firm ripe peeled thinly sliced
- 1 serving whipped cream

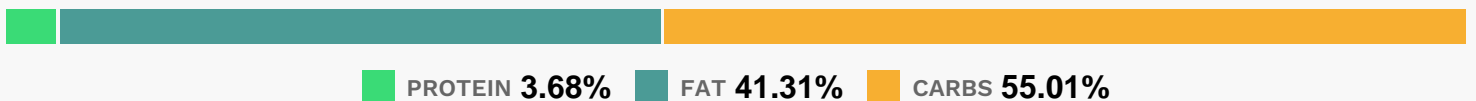
Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks
- cake form

Directions

- Heat oven to 350°F. In medium bowl, combine powdered sugar and 3/4 cup butter; beat at low speed until crumbly.
- Add eggs 1 at a time, beating well at medium speed after each addition.
- Add vanilla; beat well.
- Add flour, cornmeal and baking powder; mix well.
- Place 1/4 cup butter in 9-inch round cake pan.
- Heat in oven for about 4 minutes or until butter is melted.
- Sprinkle brown sugar evenly over butter. Arrange pear slices over mixture in pan, slightly overlapping. Spoon and carefully spread cake batter over pears.
- Bake at 350°F. for 55 to 65 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack for 5 minutes. Invert onto serving plate.
- Serve warm or cool with whipped cream.

Nutrition Facts



Properties

Glycemic Index:35.6, Glycemic Load:10.08, Inflammation Score:-4, Nutrition Score:4.8839130401611%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 364.1kcal (18.21%), Fat: 17.03g (26.2%), Saturated Fat: 10.23g (63.93%), Carbohydrates: 51.02g (17.01%), Net Carbohydrates: 49.2g (17.89%), Sugar: 36.06g (40.06%), Cholesterol: 81.97mg (27.32%), Sodium: 177.68mg (7.73%), Alcohol: 0.1g (100%), Alcohol %: 0.13% (100%), Protein: 3.41g (6.83%), Selenium: 7.82µg (11.17%), Vitamin A: 542.97IU (10.86%), Vitamin B2: 0.13mg (7.44%), Vitamin B1: 0.11mg (7.38%), Folate: 29.28µg (7.32%), Fiber: 1.82g (7.3%), Manganese: 0.14mg (7.06%), Phosphorus: 64.35mg (6.44%), Iron: 1.08mg (5.99%), Calcium: 47.07mg (4.71%), Vitamin B3: 0.86mg (4.3%), Vitamin E: 0.62mg (4.16%), Vitamin B6: 0.08mg (3.87%), Magnesium: 14.58mg (3.64%), Copper: 0.07mg (3.57%), Zinc: 0.48mg (3.17%), Vitamin B5: 0.31mg (3.09%), Potassium: 106.59mg (3.05%), Vitamin K: 2.72µg (2.59%), Vitamin B12: 0.13µg (2.19%), Vitamin C: 1.28mg (1.55%), Vitamin D: 0.22µg (1.48%)