

## Cranberry Pear Upside-Down Cake

READY IN



45 min.

SERVINGS



12

CALORIES



262 kcal

DESSERT

### Ingredients

- 0.7 cup mrs richardson's butterscotch caramel sauce
- 16 ounce just-add-water cornbread mix quick
- 1 eggs beaten
- 15 ounce pears canned
- 0.5 cup pecans chopped
- 2 tablespoons vegetable oil
- 1 cup water

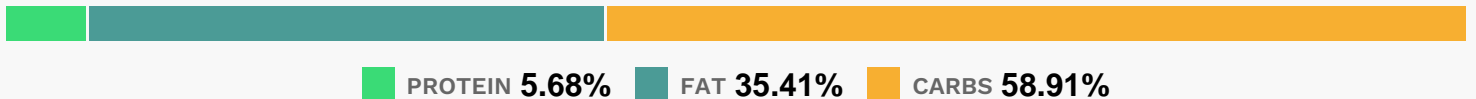
### Equipment

- bowl
- frying pan
- oven
- baking pan
- toothpicks
- cake form

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Spray one 2 quart baking dish or one 10-inch round cake pan with non-stick cooking spray.
- Pour and spread caramel topping to cover bottom of dish.
- Sprinkle pecans around the outer edge of caramel topping to make a 1-inch border, reserve 1 tablespoon of pecans.
- Spoon reserved 1 tablespoon pecans over center of dish.
- Cut pears into 1/4 inch slices; arrange over caramel topping and pecans with small ends toward center.
- In medium bowl, combine bread mix, water, oil and egg. Stir with spoon until mix is moistened.
- Pour batter slowly over pears and pecans; carefully spread to cover.
- Bake for 30 to 40 minutes or until toothpick inserted in center comes out clean. Loosen cake from sides of pan and invert onto serving plate leaving pan over cake for 1 minute. Carefully remove pan. If any topping remains in pan, spoon over cake. Cool for 30 minutes; top with ice cream if desired.

## Nutrition Facts



## Properties

Glycemic Index:3.9, Glycemic Load:1.6, Inflammation Score:-3, Nutrition Score:6.4456521324489%

## Flavonoids

Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin:

0.42mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg  
Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg Epicatechin 3-gallate: 0.01mg,  
Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-  
gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate:  
0.16mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Quercetin: 0.3mg,  
Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## **Nutrients (% of daily need)**

Calories: 261.98kcal (13.1%), Fat: 10.55g (16.23%), Saturated Fat: 1.92g (11.98%), Carbohydrates: 39.47g (13.16%), Net  
Carbohydrates: 35.48g (12.9%), Sugar: 18.49g (20.55%), Cholesterol: 14.4mg (4.8%), Sodium: 358.18mg (15.57%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.61%), Phosphorus: 213.83mg (21.38%), Manganese:  
0.35mg (17.39%), Fiber: 3.99g (15.97%), Vitamin B1: 0.2mg (13.14%), Folate: 40.61µg (10.15%), Vitamin B2: 0.13mg  
(7.92%), Vitamin K: 7.79µg (7.42%), Vitamin B3: 1.38mg (6.88%), Iron: 1.19mg (6.6%), Copper: 0.12mg (6.07%),  
Selenium: 3.61µg (5.16%), Magnesium: 18.31mg (4.58%), Vitamin B6: 0.07mg (3.72%), Calcium: 36.71mg (3.67%),  
Zinc: 0.51mg (3.37%), Potassium: 115.79mg (3.31%), Vitamin B5: 0.31mg (3.14%), Vitamin E: 0.4mg (2.65%), Vitamin  
C: 1.67mg (2.03%), Vitamin A: 85.97IU (1.72%), Vitamin B12: 0.09µg (1.49%)