



Delta Pear Cake

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



356 kcal

DESSERT

Ingredients

- 2 teaspoons baking soda
- 2 large eggs
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 1 teaspoon ground nutmeg
- 3 cups firm-ripe pears diced peeled ()
- 1 cup raisins

- 0.5 cup salad oil
- 0.5 teaspoon salt
- 2 cups sugar
- 1 cup walnuts chopped

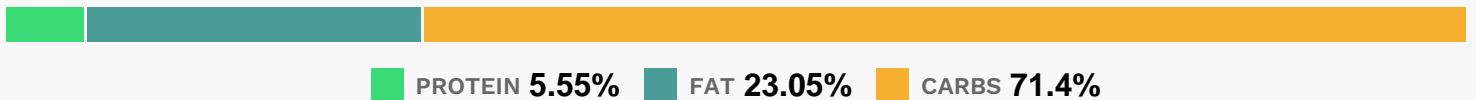
Equipment

- bowl
- frying pan
- oven
- blender
- spatula

Directions

- In a large bowl with a mixer, beat sugar, eggs, and 1/2 cup oil until well blended, about 2 minutes.
- In another bowl, mix flour, baking soda, cinnamon, nutmeg, salt, and cloves. Stir in pears, walnuts, and raisins.
- Add flour mixture to egg mixture and stir just until evenly moistened.
- Spread batter in an oiled and floured 9- by 13-inch pan.
- Bake in a 350 oven until top of cake springs back when lightly touched in the center, about 1 hour (about 45 minutes in a convection oven). Cool on a rack.
- Serve warm or cool; cut into rectangles and lift out with a spatula.

Nutrition Facts



Properties

Glycemic Index:27.97, Glycemic Load:41.83, Inflammation Score:-3, Nutrition Score:7.8347825485727%

Flavonoids

Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 356.46kcal (17.82%), Fat: 9.52g (14.64%), Saturated Fat: 1.1g (6.9%), Carbohydrates: 66.34g (22.11%), Net Carbohydrates: 62.91g (22.88%), Sugar: 37.58g (41.76%), Cholesterol: 31mg (10.33%), Sodium: 296.02mg (12.87%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.15g (10.3%), Manganese: 0.59mg (29.47%), Selenium: 10.42µg (14.89%), Vitamin B1: 0.22mg (14.61%), Folate: 54.92µg (13.73%), Fiber: 3.42g (13.69%), Copper: 0.27mg (13.27%), Vitamin B2: 0.19mg (11.45%), Iron: 1.82mg (10.13%), Phosphorus: 87.13mg (8.71%), Vitamin B3: 1.55mg (7.75%), Magnesium: 27.95mg (6.99%), Potassium: 225.58mg (6.45%), Vitamin B6: 0.11mg (5.54%), Zinc: 0.63mg (4.19%), Vitamin E: 0.55mg (3.67%), Vitamin K: 3.56µg (3.39%), Vitamin C: 2.52mg (3.06%), Vitamin B5: 0.3mg (3.01%), Calcium: 26.99mg (2.7%), Vitamin B12: 0.07µg (1.24%), Vitamin A: 57.74IU (1.15%), Vitamin D: 0.17µg (1.11%)