



 **54%**
HEALTH SCORE

Easy Autumn Pear Cake

READY IN



60 min.

SERVINGS



1

CALORIES



4255 kcal

DESSERT

Ingredients

- 7 Tbsp butter divided melted
- 0.5 cup knudsen cream sour
- 4 oz philadelphia cream cheese softened ()
- 1 eggs
- 0.5 tsp ground cinnamon
- 3 oz jell-o lemon flavor gelatin
- 15 oz pear halves drained sliced into 1/2-inch slices canned
- 0.5 cup planters walnuts chopped
- 1 pkg duncan hines classic decadent cake mix yellow (2-layer size)

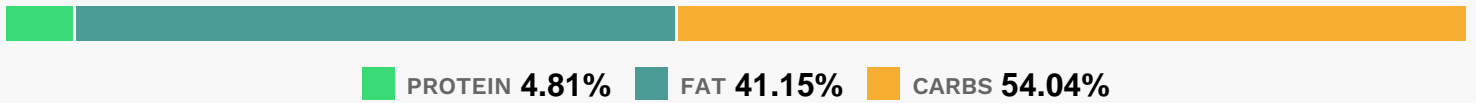
Equipment

- bowl
- frying pan
- oven
- blender
- toothpicks

Directions

- Heat oven to 350F.
- Beat first 4 ingredients in large bowl with mixer on low speed just until cake mix is moistened, stopping frequently to scrape side of bowl.
- Add 1/4 cup butter; beat on medium speed 2 min. (Batter will be thick.)
- Spread batter onto bottom of 13x9-inch pan sprayed with cooking spray. Arrange pear slices over batter, pressing lightly into batter to secure.
- Sprinkle with dry gelatin mix and cinnamon.
- Drizzle with remaining butter; sprinkle with nuts.
- Bake 40 to 45 min. or until toothpick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:138.75, Glycemic Load:21.47, Inflammation Score:-10, Nutrition Score:65.146086775738%

Flavonoids

Cyanidin: 10.35mg, Cyanidin: 10.35mg, Cyanidin: 10.35mg, Cyanidin: 10.35mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epigallocatechin: 2.51mg, Epigallocatechin: 2.51mg, Epigallocatechin: 2.51mg, Epigallocatechin: 2.51mg Epicatechin: 15.99mg, Epicatechin: 15.99mg, Epicatechin: 15.99mg, Epicatechin: 15.99mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.72mg, Epigallocatechin 3-gallate: 0.72mg, Epigallocatechin 3-gallate: 0.72mg, Epigallocatechin 3-gallate: 0.72mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin:

1.28mg, Isorhamnetin: 1.28mg Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg

Nutrients (% of daily need)

Calories: 4255kcal (212.75%), Fat: 199.24g (306.53%), Saturated Fat: 99.05g (619.06%), Carbohydrates: 588.69g (196.23%), Net Carbohydrates: 564.69g (205.34%), Sugar: 348.41g (387.12%), Cholesterol: 559.77mg (186.59%), Sodium: 5258.98mg (228.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.41g (104.81%), Phosphorus: 2296.6mg (229.66%), Manganese: 3.46mg (173.13%), Calcium: 1476.69mg (147.67%), Vitamin B2: 2.12mg (124.52%), Folate: 482.05µg (120.51%), Vitamin A: 5082.84IU (101.66%), Vitamin B1: 1.52mg (101.28%), Fiber: 24g (95.99%), Copper: 1.83mg (91.43%), Iron: 14.44mg (80.2%), Selenium: 53.05µg (75.79%), Vitamin B3: 13.62mg (68.09%), Vitamin E: 9.89mg (65.91%), Magnesium: 205.35mg (51.34%), Vitamin B6: 1.03mg (51.34%), Vitamin K: 46.89µg (44.65%), Vitamin B5: 4.26mg (42.57%), Potassium: 1383.82mg (39.54%), Zinc: 5.26mg (35.1%), Vitamin B12: 1.57µg (26.14%), Vitamin C: 20.13mg (24.4%), Vitamin D: 0.88µg (5.87%)