



Fabulously Sweet Pear Cake



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



310 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 1 cup brown sugar packed
- ☐ 2 eggs
- ☐ 3 cups flour all-purpose
- ☐ 4 pears fresh
- ☐ 1 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

- ☐ 1 cup vegetable oil
- ☐ 1 cup sugar white

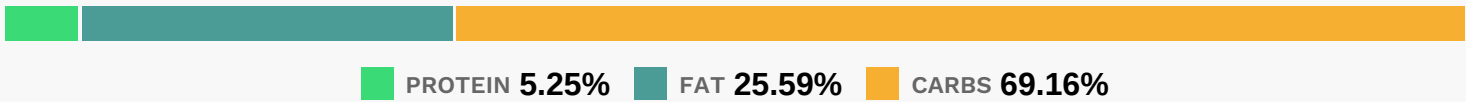
Equipment

- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ Peel and slice pears thin.
- ☐ Mix sliced pears with white sugar, brown sugar, and nuts and let sit for one hour. After sitting puree pear mixture in a blender.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour one 13x9 inch pan.
- ☐ By hand stir in until just blended; the flour, salt, and baking soda.
- ☐ Add dry ingredients to pear mixture and add oil, vanilla and eggs.
- ☐ Pour batter into prepared pan.
- ☐ Bake at 350 degrees F (175 degrees C) for 1 hour and 15 minutes.

Nutrition Facts



Properties

Glycemic Index:12.79, Glycemic Load:25.25, Inflammation Score:-3, Nutrition Score:7.1426086969998%

Flavonoids

Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg

Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 310.19kcal (15.51%), Fat: 9.05g (13.92%), Saturated Fat: 1.13g (7.03%), Carbohydrates: 55.05g (18.35%), Net Carbohydrates: 52.2g (18.98%), Sugar: 32.57g (36.19%), Cholesterol: 21.82mg (7.27%), Sodium: 237.01mg (10.3%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 4.18g (8.35%), Manganese: 0.53mg (26.63%), Vitamin B1: 0.25mg (16.82%), Selenium: 10.86µg (15.51%), Folate: 53.58µg (13.39%), Fiber: 2.84g (11.38%), Vitamin B2: 0.17mg (10.29%), Iron: 1.64mg (9.14%), Copper: 0.17mg (8.72%), Vitamin B3: 1.66mg (8.3%), Vitamin K: 7.78µg (7.41%), Phosphorus: 65.04mg (6.5%), Magnesium: 19.67mg (4.92%), Zinc: 0.63mg (4.22%), Potassium: 139.88mg (4%), Vitamin E: 0.47mg (3.15%), Vitamin B5: 0.3mg (3.05%), Calcium: 28.78mg (2.88%), Vitamin B6: 0.06mg (2.8%), Vitamin C: 2.12mg (2.57%)