



## Pear Brunch Cake

READY IN



60 min.

SERVINGS



8

CALORIES



246 kcal

DESSERT

### Ingredients

- 16 oz pears drained canned
- 1.8 cups baking mix bisquick heart smart®
- 0.3 cup sugar
- 0.7 cup skim milk fat-free (skim)
- 0.3 cup butter melted
- 0.5 teaspoon ground cinnamon
- 0.7 cup yogurt plain fat free yoplait® (from 2 lb container)

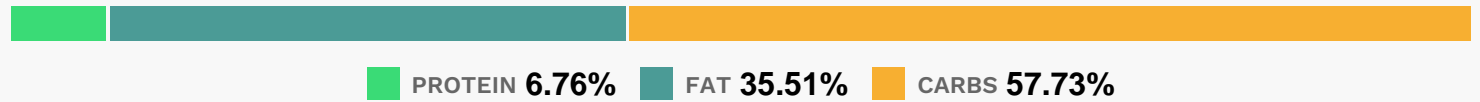
### Equipment

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

## Directions

- Heat oven to 400°F. Grease and flour 9-inch round cake pan.
- Cut pear halves into thin slices.
- In medium bowl, stir together Bisquick® mix, sugar, milk and margarine.
- Pour into pan. Arrange pear slices in circular pattern on batter; sprinkle with cinnamon.
- Bake about 40 minutes or until golden brown and toothpick inserted in center comes out clean. Top each serving with yogurt.

## Nutrition Facts



## Properties

Glycemic Index:18.14, Glycemic Load:8.67, Inflammation Score:-4, Nutrition Score:6.4965217631796%

## Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

## Nutrients (% of daily need)

Calories: 246.44kcal (12.32%), Fat: 9.91g (15.25%), Saturated Fat: 2.27g (14.2%), Carbohydrates: 36.27g (12.09%), Net Carbohydrates: 33.89g (12.32%), Sugar: 19.5g (21.67%), Cholesterol: 1.55mg (0.52%), Sodium: 426.6mg (18.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.49%), Phosphorus: 215.98mg (21.6%), Calcium: 123.13mg (12.31%), Vitamin B2: 0.21mg (12.25%), Vitamin B1: 0.18mg (11.98%), Folate: 39.72µg (9.93%), Fiber:

2.38g (9.5%), Manganese: 0.14mg (7.01%), Vitamin B3: 1.34mg (6.68%), Vitamin A: 312.42IU (6.25%), Vitamin B12: 0.35µg (5.87%), Potassium: 198.4mg (5.67%), Iron: 0.86mg (4.79%), Vitamin B5: 0.47mg (4.7%), Selenium: 3.22µg (4.6%), Copper: 0.09mg (4.57%), Magnesium: 17.15mg (4.29%), Vitamin K: 4.28µg (4.08%), Zinc: 0.51mg (3.38%), Vitamin C: 2.72mg (3.3%), Vitamin B6: 0.06mg (2.99%), Vitamin E: 0.32mg (2.17%), Vitamin D: 0.22µg (1.5%)