



Fresh Pear Cake

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



393 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 4 large eggs at room temperature
- ☐ 3 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup orange juice

- ☐ 2.5 pounds pears peeled cut into 1/4-inch slices*
- ☐ 16 servings powdered sugar
- ☐ 2.3 cups sugar divided
- ☐ 1 cup butter unsalted softened
- ☐ 1.5 teaspoons vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ hand mixer

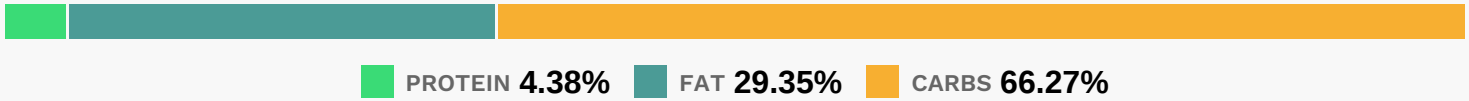
Directions

- ☐ Preheat oven to 350°. Grease a 10-inch tube pan, and dust with flour.
- ☐ Combine 3 cups flour, baking powder, baking soda, 1/2 teaspoon cinnamon, and kosher salt in a medium bowl.
- ☐ Mix 1/3 cup sugar with remaining 1/2 teaspoon cinnamon and 2 tablespoons flour mixture in a large bowl.
- ☐ Add pears to large bowl, and toss gently.
- ☐ Beat butter in a large bowl at medium speed with an electric mixer until creamy. Gradually beat in remaining 2 cups sugar, and continue beating until light and fluffy. Scrape sides of bowl.
- ☐ Add eggs, 1 at a time, beating well after each addition. Scrape sides of bowl. Gradually beat in remaining flour mixture with mixer on low speed until blended.
- ☐ Add orange juice and extracts; beat until smooth.
- ☐ Spoon one-third of batter into prepared pan, and smooth over bottom. Top with half of pears, keeping within edges of batter.

- ☐
- Spread another layer of batter, and top with remaining pears. Top with remaining batter to cover pears.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:20.68, Glycemic Load:36.92, Inflammation Score:-4, Nutrition Score:7.023478248845%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 2.66mg, Epicatechin: 2.66mg, Epicatechin: 2.66mg, Epicatechin: 2.66mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 393.19kcal (19.66%), Fat: 13.13g (20.2%), Saturated Fat: 7.73g (48.33%), Carbohydrates: 66.7g (22.23%), Net Carbohydrates: 63.79g (23.2%), Sugar: 44.46g (49.4%), Cholesterol: 77mg (25.67%), Sodium: 207.42mg (9.02%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 4.41g (8.83%), Selenium: 12.23µg (17.47%), Folate: 55.71µg (13.93%), Vitamin B1: 0.2mg (13.53%), Vitamin B2: 0.21mg (12.08%), Fiber: 2.91g (11.63%), Manganese: 0.22mg (11.17%), Vitamin A: 450.47IU (9.01%), Iron: 1.56mg (8.67%), Phosphorus: 79.39mg (7.94%), Vitamin B3: 1.54mg (7.69%), Vitamin C: 5.64mg (6.83%), Calcium: 66.66mg (6.67%), Copper: 0.11mg (5.45%), Vitamin K: 4.26µg (4.06%), Potassium: 140.47mg (4.01%), Vitamin E: 0.56mg (3.76%), Vitamin B5: 0.36mg (3.55%), Magnesium: 12.81mg (3.2%), Vitamin D: 0.46µg (3.09%), Zinc: 0.42mg (2.79%), Vitamin B6: 0.05mg (2.75%), Vitamin B12: 0.14µg (2.26%)