



Fresh Pear Cake



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



437 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 0.7 cup canola oil
- ☐ 4 egg whites
- ☐ 3 cups flour all-purpose sifted
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 1 teaspoon ground nutmeg
- ☐ 4 cups pears cored peeled chopped

- ☐ 1 cup pecans chopped
- ☐ 1 teaspoon salt
- ☐ 2 cups sugar white

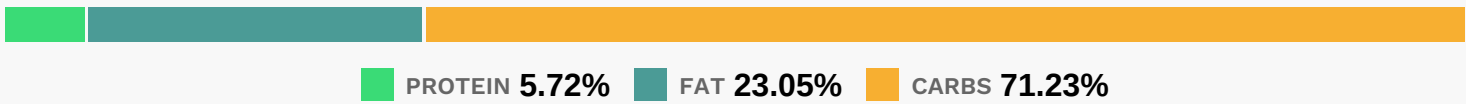
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ kugelhopf pan

Directions

- ☐ Combine the pears and the sugar and let stand for one hour.
- ☐ Preheat oven to 325 degrees F (165 degrees C). Spray a 10 inch bundt pan with non-stick cooking spray.
- ☐ Slightly beat the egg whites and combine them with the oil, chopped pecans and pear mixture.
- ☐ Stir the flour, salt, baking soda, nutmeg, cinnamon and cloves. Stir in the pear mixture.
- ☐ Pour batter into the prepared bundt pan.
- ☐ Bake at 325 degrees F (165 degrees C) for 1 hour and 10 minutes.
- ☐ Remove from oven ant let cool on a wire rack for 10 minutes before removing form pan.

Nutrition Facts



Properties

Glycemic Index:26.68, Glycemic Load:51.58, Inflammation Score:-4, Nutrition Score:10.002174031475%

Flavonoids

Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg

Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.36mg, Epigallocatechin 3–gallate: 0.36mg, Epigallocatechin 3–gallate: 0.36mg, Epigallocatechin 3–gallate: 0.36mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 436.99kcal (21.85%), Fat: 11.53g (17.74%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 80.17g (26.72%), Net Carbohydrates: 75.94g (27.61%), Sugar: 46.88g (52.09%), Cholesterol: 0mg (0%), Sodium: 418.75mg (18.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.88%), Manganese: 0.88mg (44.08%), Vitamin B1: 0.38mg (25.03%), Selenium: 15.85µg (22.64%), Folate: 76.2µg (19.05%), Fiber: 4.24g (16.95%), Vitamin B2: 0.28mg (16.29%), Vitamin B3: 2.46mg (12.32%), Copper: 0.25mg (12.32%), Iron: 2.2mg (12.21%), Phosphorus: 80.88mg (8.09%), Magnesium: 28.02mg (7%), Zinc: 0.84mg (5.59%), Vitamin K: 5.66µg (5.39%), Vitamin E: 0.79mg (5.26%), Potassium: 182.51mg (5.21%), Vitamin C: 2.9mg (3.52%), Vitamin B5: 0.31mg (3.14%), Vitamin B6: 0.06mg (2.98%), Calcium: 23.44mg (2.34%)