



Fresh Pear Cake with Blue Cheese

READY IN



45 min.

SERVINGS



9

CALORIES



248 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 4 ounces cheese blue divided crumbled
- ☐ 2 egg whites
- ☐ 0.3 cup flour all-purpose
- ☐ 1.3 cups flour all-purpose
- ☐ 2 tablespoons butter
- ☐ 2 cups pears peeled thinly sliced (3 medium)
- ☐ 0.3 cup skim milk
- ☐ 0.7 cup sugar

- ☐ 3 tablespoons sugar
- ☐ 1 teaspoon vanilla extract

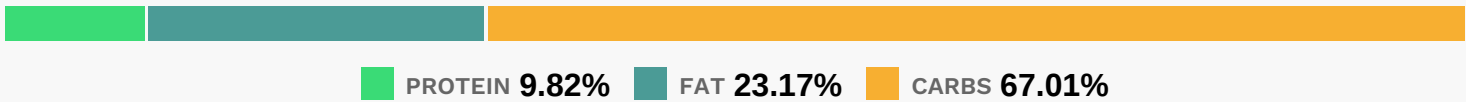
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 350
- ☐ Combine 2/3 cup sugar, 1/2 cup blue cheese, and margarine in a bowl; beat at high speed of a mixer until smooth.
- ☐ Add milk, egg whites, and vanilla; beat well.
- ☐ Combine 1 1/3 cups flour and baking powder.
- ☐ Add to cheese mixture, stirring just until moistened.
- ☐ Spread batter into a 9-inch square baking pan coated with cooking spray. Arrange pear slices in a single layer in 3 rows on top of batter, pressing pear slices gently into batter.
- ☐ Combine 1/4 cup flour and 3 tablespoons sugar in a bowl; cut in remaining cheese with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Sprinkle over pears.
- ☐ Bake at 350 for 45 minutes or until browned.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:53.24, Glycemic Load:27.32, Inflammation Score:-3, Nutrition Score:6.1469565422639%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.35mg, Epicatechin: 1.35mg, Epicatechin: 1.35mg, Epicatechin: 1.35mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 248.03kcal (12.4%), Fat: 6.47g (9.95%), Saturated Fat: 2.92g (18.26%), Carbohydrates: 42.08g (14.03%), Net Carbohydrates: 40.37g (14.68%), Sugar: 22.95g (25.5%), Cholesterol: 9.72mg (3.24%), Sodium: 284.27mg (12.36%), Alcohol: 0.15g (100%), Alcohol %: 0.18% (100%), Protein: 6.16g (12.33%), Selenium: 10.95µg (15.64%), Calcium: 138.89mg (13.89%), Vitamin B2: 0.21mg (12.49%), Vitamin B1: 0.19mg (12.42%), Folate: 47.76µg (11.94%), Phosphorus: 107.73mg (10.77%), Manganese: 0.17mg (8.56%), Vitamin B3: 1.5mg (7.52%), Iron: 1.24mg (6.87%), Fiber: 1.7g (6.82%), Vitamin A: 234.88IU (4.7%), Zinc: 0.57mg (3.8%), Vitamin B5: 0.38mg (3.8%), Potassium: 125.83mg (3.6%), Vitamin B12: 0.22µg (3.59%), Copper: 0.07mg (3.47%), Magnesium: 12.45mg (3.11%), Vitamin B6: 0.05mg (2.35%), Vitamin C: 1.54mg (1.87%), Vitamin K: 1.94µg (1.85%), Vitamin E: 0.18mg (1.23%), Vitamin D: 0.16µg (1.09%)