



Maple-Pear Upside-Down Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



289 kcal

DESSERT

Ingredients

- ☐ 3 anjou pears cored peeled cut into 8 wedges
- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 cup butter softened
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.5 cup buttermilk low-fat

- ☐ 0.3 cup maple syrup
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ aluminum foil
- ☐ measuring cup

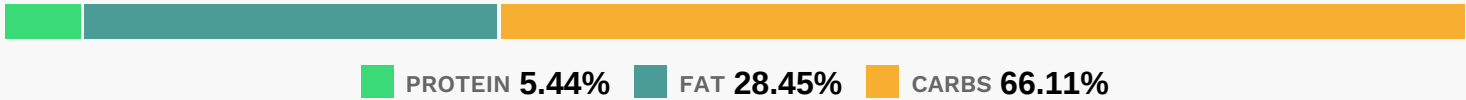
Directions

- ☐ Preheat oven to 35
- ☐ Bring syrup to a boil in a medium nonstick skillet over medium-high heat; cook 2 minutes.
- ☐ Remove from heat; arrange pears in pan in a spokelike fashion.
- ☐ Place pan over medium-high heat, and cook until syrup thickens (about 4 minutes), gently shaking pan frequently.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 4 ingredients (flour through salt); stirring well with a whisk.
- ☐ Place sugar, butter, and vanilla in a large bowl; beat with a mixer at medium speed until well-blended (about 2 minutes).
- ☐ Add eggs, 1 at a time, beating well after each addition. Stir in flour mixture alternately with buttermilk, beginning and ending with flour mixture.
- ☐ Pour batter evenly over pear mixture in prepared pan; wrap handle of skillet with foil.
- ☐ Bake at 350 for 30 minutes or until cake springs back when touched lightly in center. Run a knife around outside edge. Cool in pan 5 minutes.

- ☐
- Place a plate upside down on top of cake; invert onto plate.

☐

Nutrition Facts



Properties

Glycemic Index:45.04, Glycemic Load:26.63, Inflammation Score:-3, Nutrition Score:6.8769565302393%

Flavonoids

Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg 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: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 288.85kcal (14.44%), Fat: 9.32g (14.34%), Saturated Fat: 5.39g (33.7%), Carbohydrates: 48.74g (16.25%), Net Carbohydrates: 46.24g (16.81%), Sugar: 32.06g (35.62%), Cholesterol: 67.44mg (22.48%), Sodium: 249.8mg (10.86%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 4.01g (8.02%), Manganese: 0.47mg (23.69%), Vitamin B2: 0.35mg (20.71%), Selenium: 9.73µg (13.9%), Folate: 40.18µg (10.05%), Vitamin B1: 0.15mg (10.01%), Fiber: 2.5g (10%), Phosphorus: 73.61mg (7.36%), Calcium: 72.02mg (7.2%), Vitamin A: 327.62IU (6.55%), Iron: 1.15mg (6.4%), Vitamin B3: 1.07mg (5.36%), Potassium: 168.49mg (4.81%), Copper: 0.09mg (4.49%), Vitamin C: 3.02mg (3.66%), Magnesium: 14.56mg (3.64%), Vitamin K: 3.7µg (3.52%), Vitamin B5: 0.34mg (3.45%), Zinc: 0.51mg (3.38%), Vitamin E: 0.45mg (2.98%), Vitamin B12: 0.16µg (2.67%), Vitamin B6: 0.05mg (2.67%), Vitamin D: 0.25µg (1.67%)