



Old Maid Cake

READY IN



45 min.

SERVINGS



8

CALORIES



267 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup firmly brown sugar packed
- 0.3 cup firmly brown sugar packed
- 0.3 cup egg substitute
- 1 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 1 teaspoon ground ginger

- 0.5 cup buttermilk low-fat
- 2 tablespoons butter
- 2 tablespoons butter melted
- 0.3 cup blackstrap molasses
- 1 pound pears
- 0.3 teaspoon salt
- 3 tablespoons walnuts chopped

Equipment

- bowl
- frying pan
- oven
- wire rack
- spatula

Directions

- Preheat oven to 37
- Combine first 8 ingredients in a bowl; stir well.
- Combine buttermilk, egg substitute, molasses, and 2 tablespoons melted margarine in a bowl; stir well.
- Add to flour mixture, stirring until smooth.
- Melt 2 tablespoons margarine in a 9-inch cast-iron skillet. Stir in 1/3 cup brown sugar; cook over medium heat 1 minute.
- Remove from heat; sprinkle with walnuts.
- Peel and core pears.
- Cut each in half lengthwise.
- Cut each half into thin slices, cutting to, but not through, stem end. Fan pear halves; place, core sides up, on top of brown sugar mixture in skillet.
- Pour batter over pears; bake at 375 for 35 minutes or until a wooden pick inserted in center comes out clean.

Let cool in pan 5 minutes on a wire rack. Loosen cake from sides of pan using a narrow metal spatula. Invert onto a cake plate.

Garnish with cinnamon sticks and pear slices, if desired.

Nutrition Facts

PROTEIN 5.44% **FAT 27.72%** **CARBS 66.84%**

Properties

Glycemic Index:34.09, Glycemic Load:14.79, Inflammation Score:-5, Nutrition Score:7.8395651708479%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg 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: 267.04kcal (13.35%), Fat: 8.51g (13.09%), Saturated Fat: 1.55g (9.66%), Carbohydrates: 46.15g (15.38%), Net Carbohydrates: 43.53g (15.83%), Sugar: 29.98g (33.31%), Cholesterol: 0.6mg (0.2%), Sodium: 306.81mg (13.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.51%), Manganese: 0.6mg (29.93%), Selenium: 11.16µg (15.94%), Magnesium: 44.23mg (11.06%), Vitamin B1: 0.16mg (10.78%), Fiber: 2.62g (10.48%), Calcium: 103.61mg (10.36%), Iron: 1.84mg (10.2%), Copper: 0.19mg (9.66%), Folate: 38.48µg (9.62%), Potassium: 320.81mg (9.17%), Vitamin B2: 0.15mg (9%), Phosphorus: 72.52mg (7.25%), Vitamin B6: 0.14mg (6.93%), Vitamin B3: 1.22mg (6.1%), Vitamin A: 290.15IU (5.8%), Vitamin B5: 0.4mg (3.97%), Vitamin C: 2.7mg (3.27%), Zinc: 0.47mg (3.13%), Vitamin E: 0.46mg (3.06%), Vitamin K: 2.84µg (2.71%), Vitamin B12: 0.07µg (1.09%)