



Pear-Almond Upside-Down Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



291 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 1.3 teaspoons double-acting baking powder
- ☐ 0.3 cup blanched almonds and
- ☐ 3 bosc pears cored peeled cut into 8 wedges
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 1 tablespoon butter
- ☐ 0.3 cup cherries dried

- ☐ 2 tablespoons light-colored corn syrup
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.7 cup granulated sugar
- ☐ 0.5 cup buttermilk low-fat
- ☐ 1 tablespoon powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract

Equipment

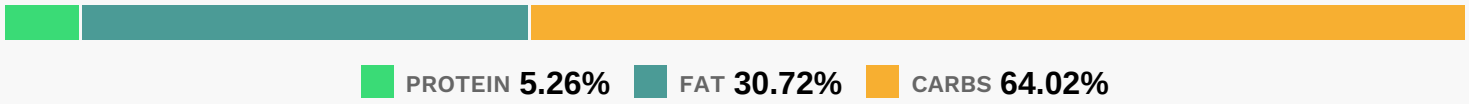
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Combine the almonds and powdered sugar in a food processor; pulse 8 times or until finely chopped.
- ☐ Heat corn syrup and 1 tablespoon butter in a 10-inch cast-iron skillet over medium heat until butter melts. Stir in brown sugar, and cook 1 minute or until bubbly.
- ☐ Remove from heat. Arrange pear slices spokelike in pan, working from center of pan to edge; sprinkle with cherries. Cook over medium heat 15 minutes or until syrupy, gently shaking pan occasionally (do not stir).

- ☐ While pears cook, place granulated sugar and 1/3 cup butter in a large bowl; beat with a mixer at medium speed 4 minutes or until well blended.
- ☐ Add eggs, 1 at a time, beating well after each addition. Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine almond mixture, flour, baking powder, and salt, stirring well with a whisk.
- ☐ Add flour mixture and buttermilk alternately to egg mixture, beginning and ending with flour mixture; stir with a rubber spatula just until blended. Stir in extracts. Gently spoon batter over pears, spreading evenly.
- ☐ Bake at 350 for 30 minutes or until golden brown. Run a sharp knife around edge of pan to loosen cake.
- ☐ Place a plate upside down on top of pan; carefully invert cake onto the plate.

Nutrition Facts



Properties

Glycemic Index:41.48, Glycemic Load:19.5, Inflammation Score:-3, Nutrition Score:5.6773912958477%

Flavonoids

Cyanidin: 2.49mg, Cyanidin: 2.49mg, Cyanidin: 2.49mg, Cyanidin: 2.49mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 2.24mg, Epicatechin: 2.24mg, Epicatechin: 2.24mg, Epicatechin: 2.24mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 291.07kcal (14.55%), Fat: 10.25g (15.77%), Saturated Fat: 5.16g (32.23%), Carbohydrates: 48.08g (16.03%), Net Carbohydrates: 45.68g (16.61%), Sugar: 34.79g (38.66%), Cholesterol: 56.96mg (18.99%), Sodium: 208.13mg (9.05%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 3.95g (7.9%), Selenium: 8.04µg (11.48%), Vitamin B2: 0.17mg (9.99%), Fiber: 2.4g (9.6%), Manganese: 0.18mg (9.17%), Folate: 34.01µg (8.5%), Vitamin B1: 0.12mg (8.19%), Phosphorus: 79.96mg (8%), Vitamin E: 1.14mg (7.57%), Calcium: 75.64mg (7.56%), Iron: 1.12mg (6.22%),

Vitamin A: 300.23IU (6%), Copper: 0.11mg (5.59%), Vitamin B3: 0.97mg (4.86%), Magnesium: 19.3mg (4.82%), Potassium: 156.01mg (4.46%), Vitamin C: 2.74mg (3.32%), Vitamin B5: 0.31mg (3.11%), Vitamin K: 3.15µg (3%), Zinc: 0.45mg (2.99%), Vitamin B6: 0.05mg (2.64%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.2µg (1.33%)