



Pear and Blueberry Cake

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



288 kcal

DESSERT

Ingredients

- 1 teaspoon almond extract
- 0.5 cup almonds chopped
- 1 teaspoon double-acting baking powder
- 0.5 cup blueberries
- 1.5 tablespoons brown sugar
- 1 teaspoon cinnamon
- 3 large eggs
- 1.3 cups flour all-purpose

- 0.3 cup milk
- 3 pears diced peeled
- 0.5 cup butter unsalted
- 1.3 cups sugar white

Equipment

- bowl
- frying pan
- oven
- whisk
- hand mixer
- toothpicks
- springform pan

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Grease and flour a 9 inch springform pan.
- Combine 1 1/2 tablespoons brown sugar, 1 1/2 tablespoons white sugar, and 1 teaspoon cinnamon in a small bowl; reserve.
- Whisk together flour, 1 teaspoon cinnamon, and baking powder in a large bowl. Use an electric mixer to beat the butter and 1 1/4 cups white sugar together in a separate large bowl. Beat until light and fluffy. Beat in eggs, one at a time.
- Mix in 1/3 of the flour mixture until just combined. Beat in 1/2 of the milk and another 1/3 of the flour mixture. Repeat with the remaining milk and flour. Stir in the almond extract.
- Gently fold pears, blueberries, and chopped almonds into the batter.
- Pour into prepared pan.
- Sprinkle reserved sugar and cinnamon mixture over the cake batter.
- Bake in preheated oven until a toothpick inserted in the center of the cake comes out clean, 40 to 50 minutes.

Nutrition Facts



■ PROTEIN 6.33% ■ FAT 37.37% ■ CARBS 56.3%

Properties

Glycemic Index:30.57, Glycemic Load:24.27, Inflammation Score:-4, Nutrition Score:6.8082608865655%

Flavonoids

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Nutrients (% of daily need)

Calories: 287.99kcal (14.4%), Fat: 12.33g (18.97%), Saturated Fat: 5.63g (35.22%), Carbohydrates: 41.78g (13.93%), Net Carbohydrates: 39.07g (14.21%), Sugar: 27.92g (31.02%), Cholesterol: 67.65mg (22.55%), Sodium: 58.2mg (2.53%), Alcohol: 0.11g (100%), Alcohol %: 0.12% (100%), Protein: 4.7g (9.4%), Manganese: 0.3mg (15.14%), Vitamin E: 1.98mg (13.2%), Vitamin B2: 0.22mg (12.96%), Selenium: 8.92µg (12.74%), Fiber: 2.71g (10.85%), Folate: 36.12µg (9.03%), Phosphorus: 90.16mg (9.02%), Vitamin B1: 0.13mg (8.76%), Iron: 1.22mg (6.75%), Copper: 0.13mg (6.69%), Vitamin A: 329.85IU (6.6%), Magnesium: 25.3mg (6.33%), Calcium: 62.71mg (6.27%), Vitamin B3: 1.11mg (5.54%), Potassium: 147.35mg (4.21%), Vitamin K: 3.96µg (3.77%), Zinc: 0.53mg (3.57%), Vitamin B5: 0.34mg (3.44%), Vitamin D: 0.47µg (3.11%), Vitamin C: 2.52mg (3.05%), Vitamin B6: 0.06mg (2.83%), Vitamin B12: 0.16µg (2.73%)