



Pear and Cherry Buckle

READY IN



370 min.

SERVINGS



4

CALORIES



1089 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 0.3 cup almonds sliced
- ☐ 1.2 ounce maple and brown sugar oatmeal instant
- ☐ 1 stick butter cut into small pieces
- ☐ 26 ounce cherry pie filling canned
- ☐ 30 ounce pears in syrup diced canned
- ☐ 4 servings non-dairy whipped topping for serving
- ☐ 18.3 ounce duncan hines classic decadent cake mix yellow

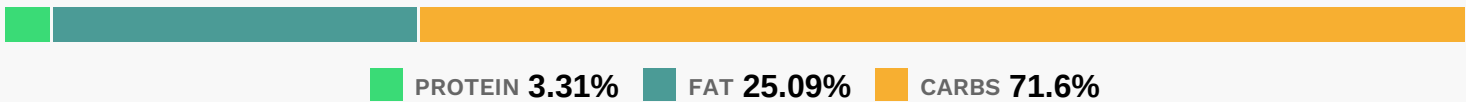
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ slow cooker

Directions

- ☐ Spray a 5-quart slow cooker with butter-flavored cooking spray and set aside.
- ☐ In a large bowl, combine pie filling, pears, and almond extract.
- ☐ Pour into prepared slow cooker.
- ☐ Sprinkle cake mix over fruit mixture. Dot with butter. In a small bowl, combine oatmeal packet and almonds.
- ☐ Sprinkle over cake mixture.
- ☐ Place 8 paper towels over slow cooker bowl and secure with lid. (This helps to trap steam.)
Cook on LOW setting for 4 to 6 hours. Do not lift lid to check cake for the first 3 hours.
- ☐ Serve warm with whipped topping.

Nutrition Facts



Properties

Glycemic Index:44.94, Glycemic Load:13.52, Inflammation Score:-8, Nutrition Score:20.1499999919145%

Flavonoids

Cyanidin: 4.52mg, Cyanidin: 4.52mg, Cyanidin: 4.52mg, Cyanidin: 4.52mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg Epicatechin: 8.03mg, Epicatechin: 8.03mg, Epicatechin: 8.03mg, Epicatechin: 8.03mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 1088.85kcal (54.44%), Fat: 30.92g (47.58%), Saturated Fat: 17.52g (109.48%), Carbohydrates: 198.61g (66.2%), Net Carbohydrates: 187.81g (68.3%), Sugar: 78.26g (86.96%), Cholesterol: 60.83mg (20.28%), Sodium: 1162.3mg (50.53%), Alcohol: 0.34g (100%), Alcohol %: 0.08% (100%), Protein: 9.18g (18.35%), Phosphorus: 531.93mg (53.19%), Fiber: 10.79g (43.18%), Calcium: 342.26mg (34.23%), Vitamin B1: 0.45mg (29.74%), Folate: 116.42µg (29.11%), Vitamin B2: 0.48mg (27.97%), Manganese: 0.54mg (26.9%), Vitamin E: 3.63mg (24.23%), Copper: 0.48mg (23.76%), Vitamin A: 1140.27IU (22.81%), Iron: 4.09mg (22.75%), Vitamin B3: 3.89mg (19.45%), Vitamin C: 15.78mg (19.12%), Magnesium: 69.72mg (17.43%), Potassium: 585.39mg (16.73%), Vitamin K: 15.23µg (14.5%), Vitamin B6: 0.25mg (12.47%), Selenium: 5.46µg (7.79%), Zinc: 1.12mg (7.49%), Vitamin B5: 0.75mg (7.49%), Vitamin B12: 0.19µg (3.11%)