



Pear and Dried Cherry Frangipane Cake

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



589 kcal

DESSERT

Ingredients

- 7 ounce almond paste
- 1.3 cups cherries dried
- 3 large eggs
- 1 teaspoon ground cinnamon
- 0.5 cup olive oil
- 2 large pears cored peeled cut into 1/2-inch cubes
- 6 servings powdered sugar
- 1.5 cups self raising flour

- 0.7 cup sugar
- 1 teaspoon vanilla extract
- 0.3 cup milk whole

Equipment

- bowl
- frying pan
- baking paper
- oven
- knife
- hand mixer
- springform pan

Directions

- Preheat oven to 350°F. Spray 8-inch-diameter springform pan with 2 1/2-inch-high sides with nonstick spray. Line pan bottom with parchment paper; spray parchment. Using electric mixer, beat 2 eggs, 2/3 cup sugar, oil, milk, and vanilla in large bowl until smooth.
- Add 1 1/2 cups flour; beat just until combined. Stir in pears and cherries.
- Transfer batter to prepared pan. Smooth top.
- Crumble almond paste into medium bowl; add cinnamon, 1 egg, 2 tablespoons sugar, and 1 tablespoon flour. Using electric mixer, beat mixture just until blended. Spoon atop cake batter.
- Bake cake until tester inserted into center comes out with small moist crumbs attached, about 1 hour 20 minutes. Run knife around pan to loosen cake.
- Remove pan sides. Peel off paper.
- Transfer cake to plate; sprinkle with powdered sugar.
- Serve warm or at room temperature. (Can be made 1 day ahead. Cool completely. Cover; let stand at room temperature.)

Nutrition Facts



■ PROTEIN 8.33% ■ FAT 24.38% ■ CARBS 67.29%

Properties

Glycemic Index:36.14, Glycemic Load:33.85, Inflammation Score:-7, Nutrition Score:13.558260938396%

Flavonoids

Cyanidin: 1.58mg, Cyanidin: 1.58mg, Cyanidin: 1.58mg, Cyanidin: 1.58mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 588.78kcal (29.44%), Fat: 16.27g (25.04%), Saturated Fat: 2.5g (15.6%), Carbohydrates: 101.06g (33.69%), Net Carbohydrates: 93.63g (34.05%), Sugar: 64.33g (71.47%), Cholesterol: 94.63mg (31.54%), Sodium: 49.88mg (2.17%), Alcohol: 0.23g (100%), Alcohol %: 0.11% (100%), Protein: 12.51g (25.01%), Vitamin E: 5.48mg (36.52%), Manganese: 0.64mg (31.8%), Selenium: 22µg (31.42%), Fiber: 7.43g (29.7%), Vitamin A: 1133.96IU (22.68%), Phosphorus: 188.29mg (18.83%), Vitamin B2: 0.32mg (18.53%), Magnesium: 61.08mg (15.27%), Copper: 0.29mg (14.59%), Folate: 51.59µg (12.9%), Calcium: 127.14mg (12.71%), Iron: 1.89mg (10.48%), Zinc: 1.22mg (8.13%), Potassium: 281.93mg (8.06%), Vitamin B5: 0.65mg (6.47%), Vitamin K: 5.85µg (5.58%), Vitamin B1: 0.08mg (5.27%), Vitamin B12: 0.3µg (4.93%), Vitamin B6: 0.1mg (4.86%), Vitamin B3: 0.95mg (4.73%), Vitamin D: 0.65µg (4.33%), Vitamin C: 3.34mg (4.05%)