



## Pear and Pecan Upside-down Cake

 Vegetarian

READY IN



120 min.

SERVINGS



8

CALORIES



623 kcal

DESSERT

### Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 bosc pears cored peeled cut into 1/4-in.-thick slices
- ☐ 0.3 cup bourbon
- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 3 eggs
- ☐ 2 cups flour
- ☐ 1.3 cups granulated sugar divided

- ☐ 1 cup pecans divided chopped
- ☐ 1 teaspoon salt divided
- ☐ 0.8 cup butter unsalted plus more for pan
- ☐ 2 teaspoons vanilla
- ☐ 0.8 cup yogurt plain whole low-fat

## Equipment

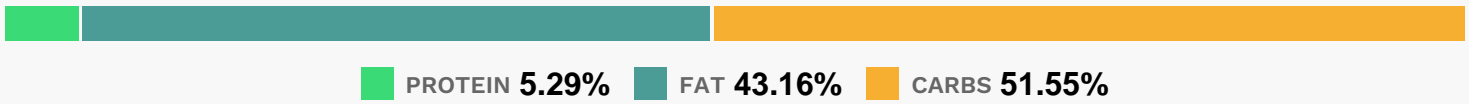
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ toothpicks
- ☐ cake form

## Directions

- ☐ Preheat oven to 350
- ☐ Generously butter a 9-in. cake pan and arrange pear slices in a pattern on the bottom of pan. Set aside.
- ☐ Bring 1 cup granulated sugar and 1/2 cup water to a boil in a 10-in. frying pan (not nonstick) over medium-high heat. Lower heat to maintain a steady simmer and cook, undisturbed, until mixture starts to brown (swirl pan to help mixture brown evenly). When mixture turns a medium amber color, add 1/2 cup pecans and cook until fragrant but not burning, about 30 seconds.
- ☐ Remove from heat and slowly stir in bourbon and 1/2 tsp. salt.
- ☐ Pour over pears in buttered pan.
- ☐ Put 3/4 cup butter, the brown sugar, and remaining 1/4 cup granulated sugar in a large bowl. Beat until smooth and a bit fluffy, about 3 minutes.
- ☐ Add eggs one at a time, beating well after each addition. Beat in vanilla, baking powder, baking soda, and remaining 1/2 tsp. salt.
- ☐ Add half of the flour and beat until combined. Then beat in half of the yogurt. Repeat with remaining flour and yogurt. Stir remaining 1/2 cup pecans into batter (it will be thick).

- ☐ Drop spoonfuls of batter over pears and sauce and spread evenly.
- ☐ Bake cake until golden and a toothpick inserted in the center comes out clean, about 45 minutes.
- ☐ Let cool on a rack 15 minutes. Run a knife between cake and pan sides and invert cake onto a plate or serving platter.
- ☐ Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:37.36, Glycemic Load:41.3, Inflammation Score:-6, Nutrition Score:12.324782630672%

## Flavonoids

Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

## Nutrients (% of daily need)

Calories: 622.86kcal (31.14%), Fat: 29.47g (45.33%), Saturated Fat: 12.58g (78.61%), Carbohydrates: 79.2g (26.4%), Net Carbohydrates: 75.67g (27.52%), Sugar: 51.31g (57.01%), Cholesterol: 108.51mg (36.17%), Sodium: 485.86mg (21.12%), Alcohol: 3.68g (100%), Alcohol %: 2.25% (100%), Protein: 8.12g (16.24%), Manganese: 0.87mg (43.45%), Selenium: 17.55µg (25.07%), Vitamin B1: 0.36mg (23.94%), Vitamin B2: 0.32mg (18.98%), Folate: 74.36µg (18.59%), Phosphorus: 165.13mg (16.51%), Fiber: 3.53g (14.13%), Copper: 0.28mg (13.75%), Iron: 2.39mg (13.28%), Calcium: 130.7mg (13.07%), Vitamin A: 651.39IU (13.03%), Vitamin B3: 2.14mg (10.72%), Zinc: 1.33mg (8.87%), Magnesium: 34.35mg (8.59%), Vitamin B5: 0.71mg (7.07%), Potassium: 243.35mg (6.95%), Vitamin E: 0.94mg (6.25%), Vitamin B12: 0.31µg (5.19%), Vitamin B6: 0.1mg (5.06%), Vitamin D: 0.65µg (4.33%), Vitamin K: 4.11µg (3.92%), Vitamin C: 2.25mg (2.72%)