



## Pear and Walnut Coffee Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



528 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 0.8 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup brown sugar
- 0.3 cup brown sugar
- 0.8 cup brown sugar
- 0.8 cup brown sugar
- 2 tablespoons butter unsalted diced
- 2 large eggs

- 1.8 cups flour for the pan
- 2 tablespoons flour
- 0.5 teaspoon ground allspice
- 0.3 teaspoon ground cardamom
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground ginger
- 0.5 juice of lemon
- 0.5 teaspoon kosher salt
- 2 lemon zest minced
- 3 pears diced peeled
- 1 cup cream sour
- 0.5 cup butter unsalted for the pan
- 1 teaspoon vanilla extract
- 1 cup walnuts toasted chopped
- 2 tablespoons wheat germ

## Equipment

- food processor
- bowl
- frying pan
- oven
- whisk
- hand mixer
- springform pan

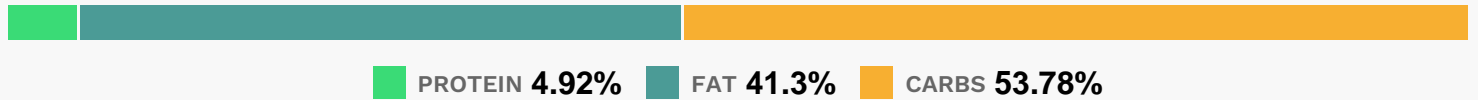
## Directions

- Start topping by putting brown sugar, spices, flour, wheat germ, nuts and butter in a food processor. Blend down until crumbly. Cover and place in fridge to keep cold. Grease a 10 springform pan with butter, then lightly dust with flour and tap out the excess. Set aside. Toss

pears with lemon juice and set aside. With an electric mixer, beat butter, sugar and lemon zest for cake batter until fluffy, approximately 3–5 minutes.

- Add eggs and vanilla and mix until combined. In a separate bowl, whisk together flour, baking soda, baking powder and salt. Starting with sour cream, alternately add to cake batter along with dry ingredients until just combined.
- Pour cake batter into the prepared pan. Top pears and sprinkle crumble topping over the fruit.
- Bake in a preheated oven at 350 degrees for 40–50 minutes or until a tester comes out clean.
- Remove from oven and cool in pan for at least 20–25 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:32.38, Glycemic Load:15.53, Inflammation Score:-5, Nutrition Score:10.988695652174%

## Flavonoids

Cyanidin: 1.42mg, Cyanidin: 1.42mg, Cyanidin: 1.42mg, Cyanidin: 1.42mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 2.01mg, Epicatechin: 2.01mg, Epicatechin: 2.01mg, Epicatechin: 2.01mg 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 Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

## Nutrients (% of daily need)

Calories: 527.7kcal (26.39%), Fat: 24.95g (38.39%), Saturated Fat: 10.7g (66.84%), Carbohydrates: 73.12g (24.37%), Net Carbohydrates: 69.67g (25.34%), Sugar: 49.23g (54.7%), Cholesterol: 81.19mg (27.06%), Sodium: 239.61mg (10.42%), Protein: 6.68g (13.36%), Manganese: 0.83mg (41.7%), Selenium: 14.09µg (20.12%), Vitamin B1: 0.26mg (17.41%), Folate: 68.53µg (17.13%), Copper: 0.31mg (15.49%), Vitamin B2: 0.24mg (14.32%), Fiber: 3.45g (13.8%), Phosphorus: 131.13mg (13.11%), Iron: 2.18mg (12.13%), Vitamin A: 568.14IU (11.36%), Calcium: 110.36mg (11.04%), Magnesium: 38.66mg (9.67%), Vitamin B3: 1.78mg (8.89%), Vitamin B6: 0.15mg (7.59%), Potassium: 260.33mg (7.44%), Zinc: 0.96mg (6.4%), Vitamin C: 4.84mg (5.86%), Vitamin B5: 0.53mg (5.31%), Vitamin E: 0.69mg (4.59%),

Vitamin K: 4.13µg (3.94%), Vitamin D: 0.41µg (2.75%), Vitamin B12: 0.16µg (2.69%)