

Pear Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



563 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1.5 cups brown sugar packed
- ☐ 0.8 cup butter melted
- ☐ 4 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1.5 cups coarsely pears grated unpeeled

- ☐ 1 cup rolled oats
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons vanilla extract
- ☐ 1.5 cups flour whole wheat

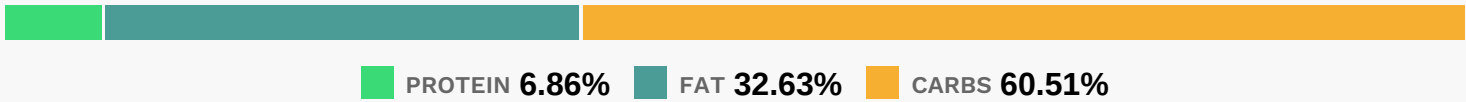
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Stir together the flours, oats, baking powder, baking soda, cinnamon, and salt.
- ☐ In a large bowl, beat the eggs. Gradually beat in the brown sugar until the mixture is thick. Beat in the melted butter or margarine and the vanilla. Beat flour mixture into the liquid mixture, and then stir in the grated pears. Turn the batter into a greased and floured tube pan.
- ☐ Bake at 325 degrees F (165 degrees C) for 70 minutes, or until it tests done with a toothpick.
- ☐ Transfer cake to a rack to cool.

Nutrition Facts



Properties

Glycemic Index:37.34, Glycemic Load:17.01, Inflammation Score:-6, Nutrition Score:15.940869574961%

Flavonoids

Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg

0.09mg, Isorhamnetin: 0.09mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 562.83kcal (28.14%), Fat: 20.85g (32.08%), Saturated Fat: 11.88g (74.25%), Carbohydrates: 87.01g (29%), Net Carbohydrates: 81.81g (29.75%), Sugar: 43.44g (48.27%), Cholesterol: 127.59mg (42.53%), Sodium: 481.66mg (20.94%), Alcohol: 0.34g (100%), Alcohol %: 0.25% (100%), Protein: 9.86g (19.72%), Manganese: 1.56mg (77.9%), Selenium: 32.29µg (46.12%), Vitamin B1: 0.36mg (23.82%), Phosphorus: 234.3mg (23.43%), Fiber: 5.2g (20.81%), Iron: 3.26mg (18.13%), Folate: 69.56µg (17.39%), Vitamin B2: 0.29mg (16.78%), Calcium: 162.87mg (16.29%), Magnesium: 59.61mg (14.9%), Vitamin B3: 2.74mg (13.71%), Vitamin A: 661.3IU (13.23%), Copper: 0.23mg (11.39%), Zinc: 1.47mg (9.81%), Vitamin B6: 0.18mg (8.83%), Vitamin B5: 0.78mg (7.83%), Potassium: 272.2mg (7.78%), Vitamin E: 0.99mg (6.57%), Vitamin B12: 0.23µg (3.87%), Vitamin K: 3.7µg (3.53%), Vitamin D: 0.44µg (2.93%), Vitamin C: 1.31mg (1.59%)