



Pear Cake with Pine Nuts

 Vegetarian

READY IN



135 min.

SERVINGS



8

CALORIES



254 kcal

DESSERT

Ingredients

- 2 tablespoons pinenuts
- 1.3 cups flour all-purpose
- 0.8 cup sugar
- 0.1 teaspoon salt
- 0.3 cup butter cold
- 0.3 teaspoon ground cinnamon
- 0.3 cup cream fat-free sour
- 0.3 cup milk 1% low-fat

- 1 teaspoon lemon zest grated
- 1 teaspoon vanilla
- 0.5 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 1 eggs
- 2 cups pears peeled thinly sliced

Equipment

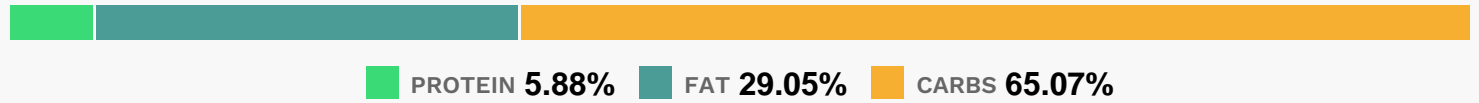
- bowl
- frying pan
- oven
- wire rack
- blender
- hand mixer
- toothpicks
- cake form

Directions

- Heat oven to 350°F.
- Spread pine nuts in ungreased shallow pan.
- Bake uncovered 6 to 10 minutes, stirring occasionally, until light brown. Cool.
- Spray 9-inch round cake pan with cooking spray. In large bowl, mix flour, sugar and salt.
- Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture looks like coarse meal.
- Remove 1/3 cup flour mixture to small bowl. Stir in cinnamon and toasted pine nuts; set aside.
- To remaining flour mixture in large bowl, add sour cream, milk, lemon peel, vanilla, baking powder, baking soda and egg. Beat with electric mixer on medium speed until well blended.
- Pour batter into cake pan. Arrange pear slices over batter.
- Sprinkle with reserved pine nut mixture.

Bake 45 minutes or until toothpick inserted in center comes out clean. Cool completely in pan on cooling rack.

Nutrition Facts



Properties

Glycemic Index:41.11, Glycemic Load:25.73, Inflammation Score:-3, Nutrition Score:5.9743478090867%

Flavonoids

Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 253.88kcal (12.69%), Fat: 8.37g (12.87%), Saturated Fat: 4.02g (25.14%), Carbohydrates: 42.17g (14.06%), Net Carbohydrates: 40.24g (14.63%), Sugar: 23.28g (25.87%), Cholesterol: 36.94mg (12.31%), Sodium: 167.94mg (7.3%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Protein: 3.81g (7.62%), Manganese: 0.39mg (19.36%), Selenium: 9.22µg (13.17%), Vitamin B1: 0.18mg (11.87%), Folate: 43.45µg (10.86%), Vitamin B2: 0.17mg (9.95%), Fiber: 1.93g (7.71%), Phosphorus: 75.17mg (7.52%), Iron: 1.26mg (7%), Vitamin B3: 1.35mg (6.77%), Vitamin A: 256.96IU (5.14%), Copper: 0.1mg (5.09%), Calcium: 48.92mg (4.89%), Magnesium: 16.24mg (4.06%), Vitamin K: 3.72µg (3.54%), Vitamin E: 0.52mg (3.46%), Potassium: 117.74mg (3.36%), Zinc: 0.5mg (3.33%), Vitamin C: 2.08mg (2.52%), Vitamin B5: 0.23mg (2.33%), Vitamin B12: 0.13µg (2.25%), Vitamin B6: 0.04mg (1.96%), Vitamin D: 0.19µg (1.27%)