



Pear-Cornmeal Crunch Cake

READY IN



45 min.

SERVINGS



16

CALORIES



200 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup brown sugar packed
- 1 large eggs
- 1 large egg whites
- 1.5 cups flour all-purpose
- 0.5 cup granulated sugar
- 1 tablespoon ground cinnamon
- 0.8 teaspoon ground ginger

- 1 teaspoon lemon zest grated
- 0.3 cup butter
- 1 cup pears chopped
- 0.3 cup pecans chopped
- 0.5 teaspoon salt
- 1 cup cream fat-free sour
- 2 teaspoons vanilla extract
- 0.5 cup cornmeal yellow

Equipment

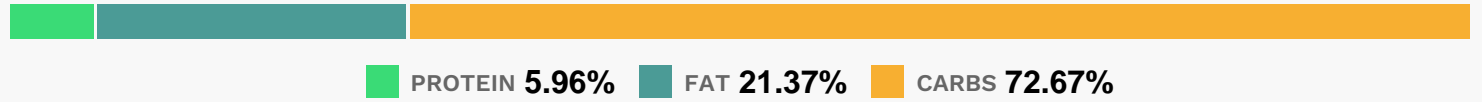
- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- blender
- baking pan
- measuring cup

Directions

- Preheat oven to 35
- Lightly spoon flour into dry measuring cups, and level with a knife.
- Combine the flour and next 5 ingredients (flour through ginger) in a large bowl, and cut in margarine with a pastry blender or 2 knives until mixture resembles coarse meal.
- Remove 3/4 cup flour mixture, and place in a small bowl. Stir in pecans; set pecan mixture aside.
- Add baking powder, baking soda, and salt to remaining flour mixture, and stir in pear.
- Combine sour cream, vanilla, lemon rind, egg, and egg white; stir well with a whisk.

- Add to flour mixture, stirring just until moist.
- Pour cake batter into a 13 x 9-inch baking pan coated with cooking spray, and top with pecan mixture.
- Bake at 350 for 50 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:13.52, Inflammation Score:-2, Nutrition Score:4.4191304535969%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 200.41kcal (10.02%), Fat: 4.83g (7.44%), Saturated Fat: 0.87g (5.45%), Carbohydrates: 36.98g (12.33%), Net Carbohydrates: 35.43g (12.88%), Sugar: 20.9g (23.22%), Cholesterol: 12.92mg (4.31%), Sodium: 199.52mg (8.67%), Alcohol: 0.17g (100%), Alcohol %: 0.3% (100%), Protein: 3.04g (6.07%), Manganese: 0.32mg (16.17%), Selenium: 6.75µg (9.64%), Vitamin B1: 0.13mg (8.47%), Folate: 27.58µg (6.89%), Vitamin B2: 0.12mg (6.8%), Fiber: 1.55g (6.21%), Phosphorus: 57.28mg (5.73%), Calcium: 56.63mg (5.66%), Iron: 1mg (5.56%), Vitamin B3: 0.9mg (4.5%), Vitamin A: 185.44IU (3.71%), Magnesium: 14.69mg (3.67%), Copper: 0.07mg (3.61%), Zinc: 0.45mg (3.03%), Vitamin B6: 0.06mg (2.85%), Potassium: 97.71mg (2.79%), Vitamin B5: 0.18mg (1.76%), Vitamin E: 0.22mg (1.44%), Vitamin B12: 0.08µg (1.27%)