



Pear Cranberry Cake

 Vegetarian

READY IN



1500 min.

SERVINGS



12

CALORIES



438 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1.5 pounds bosc pear cut into 3/4-inch pieces
- ☐ 1 teaspoon cinnamon
- ☐ 2 sticks cinnamon (3-inch-long)
- ☐ 1 tablespoon plus light
- ☐ 1 cup cranberries frozen thawed (if)
- ☐ 4 large eggs
- ☐ 3 cups flour all-purpose

- ☐ 0.5 teaspoon ground allspice
- ☐ 1 cup heavy whipping cream
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.5 teaspoon nutmeg grated
- ☐ 1 teaspoon salt
- ☐ 1.8 cups sugar
- ☐ 1 teaspoon vanilla extract pure
- ☐ 1.3 cups vegetable oil

Equipment

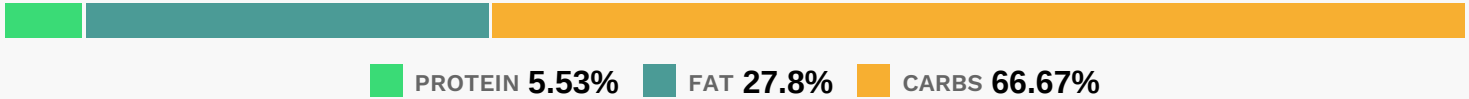
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ cake form

Directions

- ☐ Preheat oven to 350°F with rack in middle. Butter cake pan.
- ☐ Whisk together flour, baking powder, salt, and spices.
- ☐ Beat together sugar, oil, eggs, and vanilla with an electric mixer until combined well.
- ☐ At low speed, mix in pears and cranberries, then mix in flour mixture until incorporated.
- ☐ Spoon batter into pan.
- ☐ Bake until a wooden pick inserted into center of cake comes out clean, 1 1/4 to 1 1/2 hours.
- ☐ Cool in pan 30 minutes, then turn out onto a rack and cool completely.
- ☐ Bring cream, brown sugar, corn syrup, vanilla, cinnamon sticks, and a pinch of salt to a boil in a small heavy saucepan, stirring occasionally, then simmer until slightly thickened, about 10 minutes.

- ☐Cool glaze 5 minutes. Discard cinnamon sticks, then pour glaze over cake, letting some drip down sides.
- ☐•Cake, without glaze, can be made 1 day ahead and kept at room temperature. •Cake can be glazed 3 hours ahead.

Nutrition Facts



Properties

Glycemic Index:36.07, Glycemic Load:41, Inflammation Score:-5, Nutrition Score:9.5526087180428%

Flavonoids

Cyanidin: 5.04mg, Cyanidin: 5.04mg, Cyanidin: 5.04mg, Cyanidin: 5.04mg Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 2.5mg, Epicatechin: 2.5mg, Epicatechin: 2.5mg, Epicatechin: 2.5mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 437.63kcal (21.88%), Fat: 13.83g (21.27%), Saturated Fat: 5.86g (36.65%), Carbohydrates: 74.62g (24.87%), Net Carbohydrates: 71.29g (25.92%), Sugar: 46.1g (51.22%), Cholesterol: 84.41mg (28.14%), Sodium: 334.35mg (14.54%), Alcohol: 0.11g (100%), Alcohol %: 0.07% (100%), Protein: 6.18g (12.37%), Selenium: 16.7µg (23.85%), Manganese: 0.42mg (20.97%), Vitamin B1: 0.27mg (17.69%), Folate: 70.1µg (17.52%), Vitamin B2: 0.29mg (17.09%), Fiber: 3.34g (13.35%), Iron: 2.15mg (11.92%), Vitamin K: 12.28µg (11.69%), Phosphorus: 109.02mg (10.9%), Calcium: 108.15mg (10.82%), Vitamin B3: 1.99mg (9.97%), Vitamin A: 403.47IU (8.07%), Vitamin E: 0.94mg (6.29%), Copper: 0.12mg (6.05%), Vitamin B5: 0.51mg (5.1%), Potassium: 165.64mg (4.73%), Vitamin C: 3.79mg (4.59%), Vitamin D: 0.65µg (4.34%), Magnesium: 16.61mg (4.15%), Zinc: 0.58mg (3.84%), Vitamin B6: 0.08mg (3.78%), Vitamin B12: 0.18µg (3%)