



Pear-Date Upside-Down Cake

 Vegetarian

READY IN



54 min.

SERVINGS



10

CALORIES



211 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 1.5 tablespoons butter
- ☐ 0.5 cup dates chopped
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose

- ☐ 0.3 cup granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 cup milk 1% low-fat
- ☐ 0.3 cup pear nectar
- ☐ 2 pears cored peeled sliced
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ spatula
- ☐ measuring cup

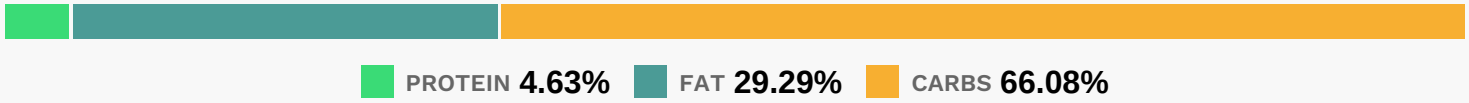
Directions

- ☐ Preheat oven to 35
- ☐ Melt 1 1/2 tablespoons butter in a 9-inch cast-iron skillet, and add 1/4 cup pear nectar, 1/3 cup brown sugar, and 1/4 teaspoon cinnamon, stirring until combined. Bring to a boil, and cook over medium heat 1 minute or until syrupy, stirring constantly. Arrange pear slices in a circular pattern over syrupy mixture.
- ☐ Lightly spoon flour into a dry measuring cup, and level with a knife.
- ☐ Combine flour, baking powder, and next 4 ingredients in a medium bowl.
- ☐ Place 1/4 cup butter, granulated sugar, and 1/3 cup brown sugar in a medium bowl; beat with a mixer at medium speed until well blended (about 3 minutes).
- ☐ Add egg and vanilla; beat well.

- ☐
- Combine 1/4 cup pear nectar and milk.

☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:50.58, Glycemic Load:15.81, Inflammation Score:-3, Nutrition Score:4.2430434797121%

Flavonoids

Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 211.23kcal (10.56%), Fat: 7.08g (10.89%), Saturated Fat: 4.23g (26.43%), Carbohydrates: 35.94g (11.98%), Net Carbohydrates: 33.78g (12.28%), Sugar: 23.27g (25.85%), Cholesterol: 35.61mg (11.87%), Sodium: 190.47mg (8.28%), Alcohol: 0.14g (100%), Alcohol %: 0.18% (100%), Protein: 2.52g (5.04%), Selenium: 6.36µg (9.09%), Fiber: 2.16g (8.63%), Manganese: 0.16mg (7.94%), Vitamin B1: 0.11mg (7.49%), Folate: 29.65µg (7.41%), Vitamin B2: 0.11mg (6.6%), Iron: 0.94mg (5.22%), Calcium: 51.69mg (5.17%), Phosphorus: 49.64mg (4.96%), Vitamin A: 243.05IU (4.86%), Vitamin B3: 0.92mg (4.61%), Potassium: 133.24mg (3.81%), Copper: 0.08mg (3.77%), Magnesium: 11.05mg (2.76%), Vitamin K: 2.53µg (2.41%), Vitamin B5: 0.23mg (2.34%), Vitamin B6: 0.04mg (2.23%), Vitamin C: 1.64mg (1.98%), Vitamin E: 0.29mg (1.96%), Zinc: 0.25mg (1.69%), Vitamin B12: 0.09µg (1.56%), Vitamin D: 0.16µg (1.1%)