



Pear Maple Johnnycake

 Vegetarian

READY IN



1500 min.

SERVINGS



8

CALORIES



392 kcal

SIDE DISH

Ingredients

- ☐ 4 anjou pear cored peeled halved lengthwise
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 large eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 0.8 cup cornmeal white stone-ground (preferably)
- ☐ 0.3 cup maple syrup dark pure (preferably amber or Grade B)
- ☐ 8 servings maple syrup sour pure (for drizzling)

- ☐ 0.5 teaspoon nutmeg divided grated
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 1 stick butter unsalted
- ☐ 0.8 cup milk whole

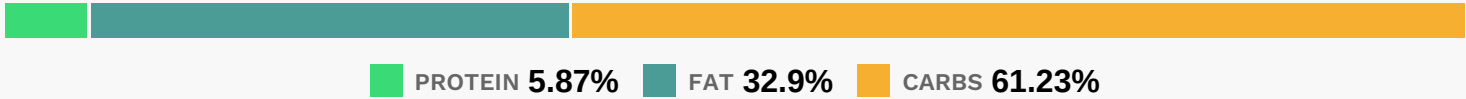
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ cake form

Directions

- ☐ Preheat oven to 400°F with rack in middle.
- ☐ Melt butter in a 12-inch nonstick skillet.
- ☐ Brush a 9-inch cake pan (2 inches deep) with 1 tablespoon melted butter and reserve 6 tablespoons in a small bowl.
- ☐ Sprinkle sugar evenly over butter remaining in skillet. Arrange pears, cut sides up, in skillet and sprinkle with 1/8 teaspoon nutmeg. Cook over medium heat 5 minutes, then turn pears over and sprinkle with 1/8 teaspoon nutmeg. Cook until liquid pears give off has evaporated and cut sides are lightly browned, 8 to 10 minutes more.
- ☐ Transfer pears, cut sides down, to cake pan.
- ☐ Whisk together flour, cornmeal, baking powder, baking soda, salt, and remaining 1/4 teaspoon nutmeg in a bowl.
- ☐ Whisk in milk, syrup, eggs, and reserved butter just until smooth.
- ☐ Pour over pears and bake until golden and a wooden pick inserted in center of cake comes out clean, 25 to 30 minutes. Cool in pan on a rack 15 minutes, then run a knife around edge of cake to loosen and invert onto a platter.

Nutrition Facts



Properties

Glycemic Index:65.42, Glycemic Load:29.24, Inflammation Score:-5, Nutrition Score:11.475652176401%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 391.63kcal (19.58%), Fat: 14.59g (22.44%), Saturated Fat: 8.3g (51.9%), Carbohydrates: 61.07g (20.36%), Net Carbohydrates: 56.46g (20.53%), Sugar: 31.15g (34.61%), Cholesterol: 79.61mg (26.54%), Sodium: 352.29mg (15.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.86g (11.71%), Manganese: 0.95mg (47.27%), Vitamin B2: 0.59mg (34.71%), Fiber: 4.61g (18.44%), Selenium: 10.72µg (15.31%), Vitamin B1: 0.22mg (14.46%), Calcium: 141.65mg (14.17%), Phosphorus: 134.51mg (13.45%), Folate: 46.29µg (11.57%), Vitamin A: 479.92IU (9.6%), Iron: 1.7mg (9.46%), Magnesium: 36.96mg (9.24%), Potassium: 291.28mg (8.32%), Vitamin B6: 0.16mg (7.82%), Zinc: 1.14mg (7.61%), Vitamin B3: 1.5mg (7.5%), Copper: 0.14mg (7.24%), Vitamin B5: 0.49mg (4.93%), Vitamin K: 5.09µg (4.85%), Vitamin D: 0.71µg (4.76%), Vitamin C: 3.83mg (4.64%), Vitamin B12: 0.26µg (4.31%), Vitamin E: 0.64mg (4.28%)