



Pear & mincemeat crumble cake

READY IN



120 min.

SERVINGS



12

CALORIES



459 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 4 pears firm cored peeled cut into thumb-size pieces
- ☐ 3 tbsp brown sugar
- ☐ 1 tsp spice mixed
- ☐ 250 g butter salted softened for greasing (use a tiny bit)
- ☐ 250 g brown sugar
- ☐ 1 tsp vanilla extract
- ☐ 5 large eggs
- ☐ 200 g self raising flour
- ☐ 100 g almond flour

- ☐ 7 tbsp flour plain
- ☐ 6 tbsp mincemeat

Equipment

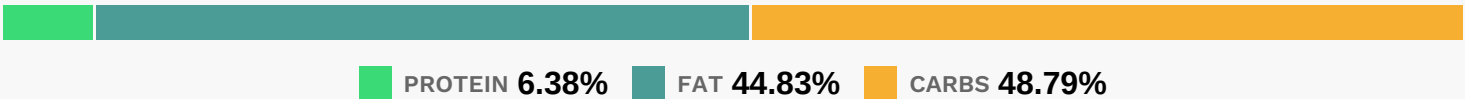
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ cake form
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Put pears into a non-stick frying pan with 2 tbsp sugar and 2 tbsp water. Cover, then cook over a medium heat for 10 mins until just tender, stirring every so often. There shouldn't be juices once the pears are cooked.
- ☐ Add the spice; leave to cool.
- ☐ Heat oven to 160C/140C fan/gas
- ☐ Butter then line the base and sides of a 20cm round, deep cake tin. Put butter, sugar, vanilla and tsp salt into a large bowl. Beat with an electric hand whisk until pale and fluffy.
- ☐ Add eggs and flour, beat until smooth, then fold in almonds with a spoon.
- ☐ Remove 85g batter and put into a small bowl. Into this add the plain flour and chop into the mix with a cutlery knife to make a soft, crumbly-looking mix.
- ☐ Spoon half the cake mix into the tin, top with half the pears, dot over half the mincemeat, then dollop the rest of the cake mix on top. Scatter with remaining pears, mincemeat, then the crumble mix.
- ☐ Sprinkle with final 1 tbsp sugar.
- ☐ Bake for 1 hrs, covering with foil after 1 hr, until golden, risen and a skewer inserted into the middle comes out clean. Cool in the tin for 10 mins, then cool on a rack. Keep it in the lining paper, as this will help it stay moist. Will keep, well wrapped in an airtight tin, for 5 days.

Freeze for 1 month.

Nutrition Facts



Properties

Glycemic Index:19.06, Glycemic Load:12.89, Inflammation Score:-4, Nutrition Score:6.5217391511668%

Flavonoids

Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 458.51kcal (22.93%), Fat: 23.43g (36.04%), Saturated Fat: 11.72g (73.27%), Carbohydrates: 57.35g (19.12%), Net Carbohydrates: 53.86g (19.59%), Sugar: 36.15g (40.16%), Cholesterol: 122.29mg (40.76%), Sodium: 227.15mg (9.88%), Alcohol: 0.12g (100%), Alcohol %: 0.09% (100%), Protein: 7.5g (15%), Selenium: 15.06µg (21.52%), Fiber: 3.5g (13.98%), Vitamin A: 648.73IU (12.97%), Manganese: 0.24mg (11.93%), Vitamin B2: 0.15mg (8.82%), Phosphorus: 75.43mg (7.54%), Iron: 1.35mg (7.48%), Folate: 28.35µg (7.09%), Calcium: 63.62mg (6.36%), Vitamin E: 0.85mg (5.64%), Copper: 0.11mg (5.63%), Vitamin B5: 0.5mg (4.95%), Potassium: 157.25mg (4.49%), Vitamin B1: 0.06mg (4.3%), Vitamin K: 4.24µg (4.04%), Vitamin B12: 0.22µg (3.68%), Magnesium: 14.61mg (3.65%), Vitamin B6: 0.07mg (3.59%), Zinc: 0.53mg (3.54%), Vitamin C: 2.59mg (3.14%), Vitamin B3: 0.58mg (2.88%), Vitamin D: 0.42µg (2.78%)