



Pear-Pecan Upside-Down Cake

 Vegetarian

READY IN



200 min.

SERVINGS



4

CALORIES



707 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 3 bosc pears cored peeled halved lengthwise
- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 0.3 cup cornmeal
- ☐ 2 large eggs at room temperature
- ☐ 0.8 cup flour all-purpose
- ☐ 0.7 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 0.3 cup pecans toasted finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 7 tablespoons butter unsalted softened plus more for greasing; 3 tablespoons cut into small pieces, 4 tablespoons
- ☐ 2 tablespoons milk whole at room temperature

Equipment

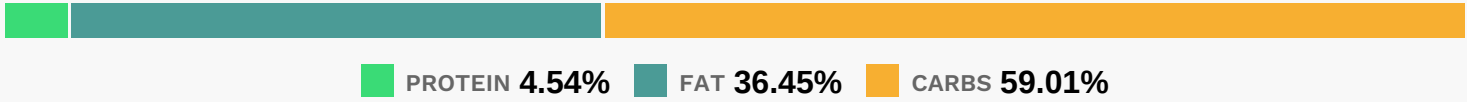
- ☐ bowl
- ☐ paper towels
- ☐ blender
- ☐ aluminum foil
- ☐ slow cooker

Directions

- ☐ Butter the inside of a 5-quart round slow cooker, then line it completely with a large sheet of foil and butter the foil. Turn the cooker on low.
- ☐ Sprinkle the cut-up butter and the brown sugar over the foil in the cooker.
- ☐ Add the pears, arranging them in a circle, cut-side down.
- ☐ Mix the flour, pecans, cornmeal, baking powder, cinnamon, nutmeg and salt in a large bowl. In the large bowl of a mixer, beat the softened butter and granulated sugar on low speed until just blended. Increase the speed to high and beat until light and fluffy, scraping the sides of the bowl as needed, about 5 minutes. Beat in the eggs, one at a time.
- ☐ With the mixer on low speed, beat the dry ingredients into the butter mixture in two batches, alternating with the milk and beginning and ending with the dry ingredients.
- ☐ Mix on medium speed just until the batter is smooth.
- ☐ Spread over the pears in the slow cooker. Drape paper towels over the top of the slow cooker (not touching the cake) to prevent condensation from dripping onto the cake. Cover and cook on low until the cake sets and the sides brown, about 3 hours. Turn off the cooker and let the cake rest about 20 minutes.

- ☐ Lift the cake by the foil and place on a rack to cool. Carefully invert onto a platter and peel off the foil.
- ☐ Serve with whipped cream, if desired.
- ☐ Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:116.34, Glycemic Load:46.86, Inflammation Score:-6, Nutrition Score:13.446521572445%

Flavonoids

Cyanidin: 3.64mg, Cyanidin: 3.64mg, Cyanidin: 3.64mg, Cyanidin: 3.64mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg Epigallocatechin: 1.25mg, Epigallocatechin: 1.25mg, Epigallocatechin: 1.25mg, Epigallocatechin: 1.25mg Epicatechin: 5.09mg, Epicatechin: 5.09mg, Epicatechin: 5.09mg, Epicatechin: 5.09mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 706.99kcal (35.35%), Fat: 29.59g (45.52%), Saturated Fat: 14.22g (88.87%), Carbohydrates: 107.76g (35.92%), Net Carbohydrates: 101.1g (36.77%), Sugar: 74.01g (82.24%), Cholesterol: 146.57mg (48.86%), Sodium: 276.17mg (12.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.29g (16.58%), Manganese: 0.73mg (36.69%), Fiber: 6.66g (26.63%), Selenium: 17.59µg (25.13%), Vitamin B1: 0.3mg (20.01%), Vitamin B2: 0.31mg (18.23%), Folate: 70.3µg (17.57%), Phosphorus: 167.46mg (16.75%), Vitamin A: 798.27IU (15.97%), Copper: 0.31mg (15.29%), Iron: 2.6mg (14.42%), Calcium: 121.06mg (12.11%), Magnesium: 42.57mg (10.64%), Vitamin B3: 2.01mg (10.06%), Potassium: 336.33mg (9.61%), Vitamin B6: 0.18mg (9.23%), Zinc: 1.37mg (9.16%), Vitamin E: 1.17mg (7.78%), Vitamin K: 8.14µg (7.76%), Vitamin B5: 0.77mg (7.74%), Vitamin C: 5.84mg (7.08%), Vitamin D: 0.95µg (6.33%), Vitamin B12: 0.3µg (5.08%)