



Pear Spiced Bundt Cake

 Vegetarian

READY IN



145 min.

SERVINGS



16

CALORIES



342 kcal

DESSERT

Ingredients

- ☐ 3 cups flour all-purpose
- ☐ 1.3 teaspoons baking soda
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons pumpkin pie spice
- ☐ 5 pears ripe
- ☐ 0.8 cup vegetable oil
- ☐ 2 cups granulated sugar
- ☐ 3 eggs

- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup butter
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup whipping cream
- ☐ 1 cup powdered sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Heat oven to 350°F. Grease 12-cup fluted tube cake pan with shortening or cooking spray; light flour.
- ☐ Peel, core and chop 2 of the pears; place in blender. Cover; puree until smooth. Measure 1/2 cup of the puree. Reserve remaining puree for another use.
- ☐ In small bowl, stir together flour, baking soda, salt and pumpkin pie spice. Set aside.
- ☐ In large bowl, beat 1/2 cup pear puree, the oil and granulated sugar with electric mixer on medium speed until combined.
- ☐ Add eggs one at a time, scraping down sides of bowl between each addition. Beat in vanilla.
- ☐ Add flour mixture; beat just until combined.

- ☐ Peel, core and chop remaining 3 pears. Fold chopped pears into cake batter.
- ☐ Pour into pan.
- ☐ Bake about 1 hour or until toothpick inserted in center comes out clean. Cool cake in pan 15 minutes.
- ☐ Place cooling rack upside down over pan; turn rack and pan over.
- ☐ Remove pan. Cool completely, about 45 minutes.
- ☐ To make icing, in 2-quart saucepan, cook butter, brown sugar, salt and cream over medium heat until mixture comes to a boil. Boil 1 minute.
- ☐ Remove from heat; let stand 5 to 10 minutes. With whisk, beat in powdered sugar until smooth. Immediately pour over cooled cake.

Nutrition Facts



Properties

Glycemic Index:14.49, Glycemic Load:32.87, Inflammation Score:-3, Nutrition Score:5.8939129943433%

Flavonoids

Cyanidin: 1.15mg, Cyanidin: 1.15mg, Cyanidin: 1.15mg, Cyanidin: 1.15mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 2.09mg, Epicatechin: 2.09mg, Epicatechin: 2.09mg, Epicatechin: 2.09mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 342.3kcal (17.11%), Fat: 7.91g (12.18%), Saturated Fat: 3.6g (22.49%), Carbohydrates: 65.88g (21.96%), Net Carbohydrates: 63.48g (23.08%), Sugar: 44.67g (49.63%), Cholesterol: 43.92mg (14.64%), Sodium: 233.87mg (10.17%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 3.85g (7.71%), Selenium: 11.02µg (15.74%), Vitamin B1: 0.2mg (13.03%), Folate: 51.1µg (12.77%), Manganese: 0.24mg (11.75%), Vitamin B2: 0.19mg (10.9%), Fiber: 2.39g (9.58%), Iron: 1.45mg (8.08%), Vitamin B3: 1.5mg (7.49%), Vitamin K: 6.78µg (6.46%), Phosphorus: 52.63mg (5.26%), Copper: 0.09mg (4.64%), Vitamin A: 220.63IU (4.41%), Potassium: 118.39mg (3.38%), Vitamin E: 0.47mg (3.12%), Vitamin C: 2.48mg (3.01%), Magnesium: 11.45mg (2.86%), Vitamin B5: 0.28mg (2.82%), Calcium: 25.1mg (2.51%), Zinc: 0.35mg (2.35%), Vitamin B6: 0.05mg (2.31%), Vitamin D: 0.24µg (1.63%), Vitamin B12: 0.09µg (1.46%)