



Pear Upside-Down Banana Cake

READY IN



55 min.

SERVINGS



8

CALORIES



271 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 0.5 cup banana ripe mashed (1 medium)
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 1 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.7 cup granulated sugar
- ☐ 0.3 cup buttermilk low-fat
- ☐ 2 cups pears red peeled thinly sliced ()
- ☐ 0.1 teaspoon salt

- ☐ 0.3 cup stick margarine softened
- ☐ 1 tablespoon stick margarine melted

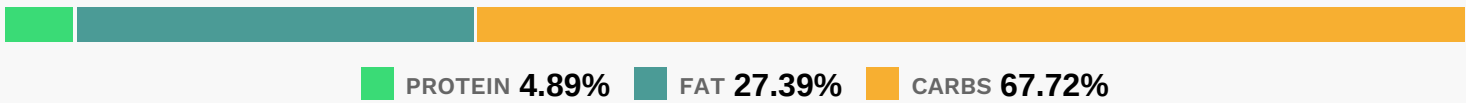
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ cake form
- ☐ spatula

Directions

- ☐ Coat bottom of a 9-inch round cake pan with melted butter.
- ☐ Sprinkle with brown sugar, and arrange pear slices over sugar in an overlapping pattern.
- ☐ Beat 1/4 cup butter at medium speed of an electric mixer until creamy; gradually add 2/3 cup granulated sugar, beating well.
- ☐ Add egg and banana, beating well.
- ☐ Combine flour, soda, and salt in a small bowl; add to butter mixture alternately with buttermilk, beginning and ending with flour mixture.
- ☐ Mix at low speed after each addition until blended. Spoon batter over pear slices.
- ☐ Bake at 350 for 30 to 35 minutes or until a wooden pick inserted in center comes out clean. Cool 5 minutes in pan on a wire rack. Loosen cake from sides of pan with a narrow metal spatula and invert onto a cake plate.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:29.58, Glycemic Load:25.25, Inflammation Score:-4, Nutrition Score:5.1873912370723%

Flavonoids

Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 271.06kcal (13.55%), Fat: 8.45g (12.99%), Saturated Fat: 1.84g (11.49%), Carbohydrates: 46.99g (15.66%), Net Carbohydrates: 44.97g (16.35%), Sugar: 28.81g (32.01%), Cholesterol: 23.55mg (7.85%), Sodium: 249.04mg (10.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.78%), Selenium: 9.01µg (12.87%), Vitamin B1: 0.17mg (11.14%), Folate: 43.91µg (10.98%), Vitamin B2: 0.16mg (9.44%), Manganese: 0.18mg (9.24%), Fiber: 2.02g (8.08%), Vitamin A: 383.91IU (7.68%), Iron: 1.17mg (6.52%), Vitamin B3: 1.3mg (6.49%), Phosphorus: 49.44mg (4.94%), Copper: 0.08mg (3.91%), Potassium: 134.47mg (3.84%), Vitamin B6: 0.07mg (3.57%), Vitamin C: 2.64mg (3.2%), Magnesium: 12.12mg (3.03%), Vitamin E: 0.43mg (2.84%), Calcium: 27.89mg (2.79%), Vitamin B5: 0.27mg (2.7%), Zinc: 0.31mg (2.05%), Vitamin K: 1.9µg (1.81%), Vitamin B12: 0.08µg (1.36%)