



Pear Upside-Down Cake



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



9

CALORIES



182 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.3 cup brown sugar packed
- ☐ 1 large pears thinly sliced
- ☐ 2 tablespoons pecans chopped
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup water
- ☐ 2 tablespoons vegetable oil
- ☐ 1 teaspoon vanilla

- ☐ 0.5 teaspoon mace
- ☐ 1 eggs
- ☐ 1 serving whipped cream
- ☐ 1.5 cups frangelico

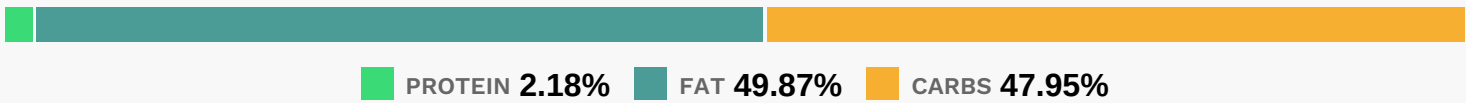
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. In 9-inch round or 8-inch square pan, melt butter in oven.
- ☐ Sprinkle 1/4 cup brown sugar evenly over melted butter. Arrange pear slices in single layer on sugar mixture; sprinkle with pecans.
- ☐ In medium bowl, beat remaining ingredients except whipped cream with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 4 minutes, scraping bowl occasionally.
- ☐ Pour batter over pear slices and pecans.
- ☐ Bake 35 to 40 minutes or until toothpick inserted in center comes out clean. Immediately place heatproof serving plate upside down over pan; turn plate and pan over. Leave pan over cake a few minutes so brown sugar mixture can drizzle over cake; remove pan. Cool at least 10 minutes before serving.
- ☐ Serve warm with whipped cream. Store cake loosely covered.

Nutrition Facts



Properties

Glycemic Index:11.31, Glycemic Load:1.19, Inflammation Score:-2, Nutrition Score:2.3786956862263%

Flavonoids

Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg 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: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 182.15kcal (9.11%), Fat: 10.38g (15.97%), Saturated Fat: 1.91g (11.95%), Carbohydrates: 22.47g (7.49%), Net Carbohydrates: 21.44g (7.8%), Sugar: 20.49g (22.77%), Cholesterol: 18.69mg (6.23%), Sodium: 72.63mg (3.16%), Alcohol: 0.15g (100%), Alcohol %: 0.26% (100%), Protein: 1.02g (2.04%), Vitamin K: 6.79µg (6.46%), Manganese: 0.13mg (6.4%), Vitamin A: 265.04IU (5.3%), Fiber: 1.03g (4.11%), Vitamin E: 0.56mg (3.73%), Copper: 0.06mg (3.25%), Selenium: 1.84µg (2.63%), Calcium: 25.1mg (2.51%), Phosphorus: 21.83mg (2.18%), Potassium: 74.69mg (2.13%), Vitamin B2: 0.04mg (2.09%), Iron: 0.33mg (1.86%), Magnesium: 7.34mg (1.84%), Vitamin B6: 0.03mg (1.45%), Vitamin C: 1.16mg (1.41%), Vitamin B1: 0.02mg (1.4%), Vitamin B5: 0.14mg (1.38%), Zinc: 0.2mg (1.34%), Folate: 4.93µg (1.23%)