



Pear Upside-Down Cake

 Vegetarian

READY IN



95 min.

SERVINGS



12

CALORIES



261 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 cup brown sugar packed
- ☐ 0.3 cup butter
- ☐ 0.5 cup cornmeal
- ☐ 3 eggs
- ☐ 1 cup flour all-purpose gold medal®
- ☐ 2 pears firm ripe peeled thinly sliced
- ☐ 2 cups powdered sugar

☐ 1 teaspoon vanilla

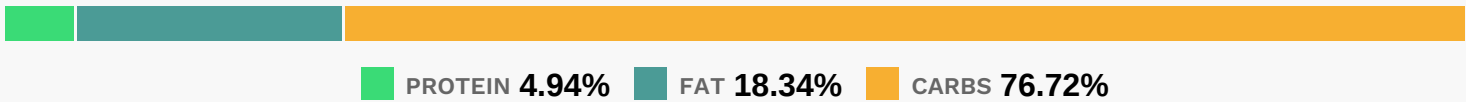
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Heat oven to 350°F. In medium bowl, combine powdered sugar and 3/4 cup butter; beat at low speed until crumbly.
- ☐ Add eggs 1 at a time, beating well at medium speed after each addition.
- ☐ Add vanilla; beat well.
- ☐ Add flour, cornmeal and baking powder; mix well.
- ☐ Place 1/4 cup butter in 9-inch round cake pan.
- ☐ Heat in oven for about 4 minutes or until butter is melted.
- ☐ Sprinkle brown sugar evenly over butter. Arrange pear slices over mixture in pan, slightly overlapping. Spoon and carefully spread cake batter over pears.
- ☐ Bake at 350°F. for 55 to 65 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack for 5 minutes. Invert onto serving plate.
- ☐ Serve warm or cool with whipped cream.

Nutrition Facts



Properties

Glycemic Index:26.85, Glycemic Load:10.04, Inflammation Score:-2, Nutrition Score:4.328260862309%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 261.09kcal (13.05%), Fat: 5.41g (8.33%), Saturated Fat: 2.87g (17.92%), Carbohydrates: 50.95g (16.98%), Net Carbohydrates: 49.13g (17.87%), Sugar: 36.01g (40.01%), Cholesterol: 51.09mg (17.03%), Sodium: 86.41mg (3.76%), Alcohol: 0.11g (100%), Alcohol %: 0.15% (100%), Protein: 3.28g (6.56%), Selenium: 7.67µg (10.95%), Vitamin B1: 0.11mg (7.33%), Fiber: 1.82g (7.3%), Folate: 28.84µg (7.21%), Vitamin B2: 0.12mg (7.14%), Manganese: 0.14mg (7.06%), Phosphorus: 60.5mg (6.05%), Iron: 1.08mg (5.97%), Calcium: 43.16mg (4.32%), Vitamin B3: 0.85mg (4.27%), Vitamin B6: 0.08mg (3.84%), Vitamin A: 185IU (3.7%), Copper: 0.07mg (3.57%), Magnesium: 14.24mg (3.56%), Zinc: 0.46mg (3.07%), Potassium: 102.45mg (2.93%), Vitamin B5: 0.29mg (2.92%), Vitamin E: 0.29mg (1.94%), Vitamin B12: 0.11µg (1.77%), Vitamin K: 1.71µg (1.63%), Vitamin C: 1.28mg (1.55%), Vitamin D: 0.22µg (1.47%)