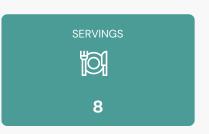


Pear Upside-Down Cake

Vegetarian







DESSERT

Ingredients

1.5 teaspoons double-acting baking powder
3 tablespoons cornmeal yellow
2 large eggs separated
0.3 teaspoon kosher salt
1 pound pears
1 cup sugar divided
0.8 cup flour all-purpose

9 tablespoons butter unsalted divided plus more room temperature

	1 teaspoon vanilla extract
	0.5 cup milk whole
Εq	uipment
	bowl
	frying pan
	sauce pan
	oven
	knife
	whisk
	wire rack
	blender
	cake form
Di	rections
	Preheat oven to 350° F. Butter pan; linebottom with a parchment-paper round.
	Whisk flour, cornmeal, baking powder, and salt in a small bowl. Stir 1/4 cup sugar and 2 tablespoons water in a small saucepan overmedium-low heat until sugar dissolves. Increase heat to medium-high. Boil syrupwithout stirring, occasionally swirling panand brushing down sides with a wet pastrybrush, until sugar turns dark amber, 8–10 minutes.
	Remove pan from heat; add 1 tablespoonbutter (caramel will bubble vigorously)and whisk until smooth.
	Pour caramel intoprepared cake pan and swirl to coat bottom.
	Peel, halve, and core the pears.
	Place flaton a work surface and cut lengthwise into1/8"-thick slices.
	Layer slices over caramel,flat side down, overlapping as needed.
	Mix remaining 3/4 cup sugar, 8 tablespoonsbutter, and vanilla in a large bowl. Using anelectric mixer, beat on medium speed untillight and fluffy, about 3 minutes.
	Add yolksone at a time, beating to blend betweenadditions and occasionally scraping bowl.Beat in flour mixture in 3 additions, alternating with milk in 2 additions, beginning and

	ending with flour mixture.	
	Using clean, dry beaters, beat egg whiteson low speed in a medium bowl until frothy.Increase the speed to medium and continueto beat until whites form soft peaks. Foldabout 1/4 of the whites into cake batter.	
	Add in remaining whites; gently fold justto blend.	
	Pour batter over pears in pan;smooth top.	
	Bake cake, rotating pan halfway through,until top is golden brown and a testerinserted into the center comes out with afew small moist crumbs attached, about1 hour.	
	Let cool in pan on a wire rack for 30 minutes. Run a thin knife around inside of pan to release cake. DO AHEAD: Can be made 1 day ahead. Store airtight at room temperature.	
	Invert cake onto a plate; removeparchment paper.	
	Serve warm or at roomtemperature with whipped cream or caramelgelato, if desired.	
Nutrition Facts		
	PROTEIN 4.76% FAT 40.08% CARBS 55.16%	

Properties

Glycemic Index:47.54, Glycemic Load:28.54, Inflammation Score:-4, Nutrition Score:5.8173913644708%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epicatechin: 2.13mg, Epicatechin: 3-gallate: 0.01mg, Epicatechin: 3-gallate: 0.01mg, Epigallocatechin: 3-gallate: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 327.41kcal (16.37%), Fat: 14.95g (22.99%), Saturated Fat: 8.84g (55.22%), Carbohydrates: 46.28g (15.43%), Net Carbohydrates: 43.85g (15.95%), Sugar: 31.42g (34.91%), Cholesterol: 82.19mg (27.4%), Sodium: 178.7mg (7.77%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 3.99g (7.99%), Selenium: 8.69µg (12.42%), Vitamin A: 499.97IU (10%), Fiber: 2.43g (9.71%), Vitamin B2: 0.16mg (9.7%), Phosphorus: 88.29mg (8.83%), Vitamin B1: 0.12mg (8.3%), Folate: 33.04µg (8.26%), Calcium: 81.04mg (8.1%), Manganese: 0.14mg (6.92%), Iron: 1.08mg (5.98%), Vitamin B3: 0.91mg (4.55%), Vitamin D: 0.65µg (4.36%), Copper: 0.09mg (4.32%), Vitamin E: 0.59mg (3.95%), Potassium: 135.69mg (3.88%), Vitamin B6: 0.07mg (3.74%), Vitamin B5: 0.37mg (3.67%), Vitamin B12:

0.22µg (3.67%), Magnesium: 14.47mg (3.62%), Vitamin K: 3.72µg (3.55%), Zinc: 0.5mg (3.31%), Vitamin C: 2.44mg (2.96%)