



Pear Upside-Down Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



327 kcal

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

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ cake form

Directions

- ☐ Preheat oven to 350° F. Butter pan; line bottom 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 over medium-low heat until sugar dissolves. Increase heat to medium-high. Boil syrup without stirring, occasionally swirling pan and brushing down sides with a wet pastry brush, until sugar turns dark amber, 8–10 minutes.
- ☐ Remove pan from heat; add 1 tablespoon butter (caramel will bubble vigorously) and whisk until smooth.
- ☐ Pour caramel into prepared cake pan and swirl to coat bottom.
- ☐ Peel, halve, and core the pears.
- ☐ Place flat on a work surface and cut lengthwise into 1/8"-thick slices.
- ☐ Layer slices over caramel, flat side down, overlapping as needed.
- ☐ Mix remaining 3/4 cup sugar, 8 tablespoons butter, and vanilla in a large bowl. Using an electric mixer, beat on medium speed until light and fluffy, about 3 minutes.
- ☐ Add yolks one at a time, beating to blend between additions 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 whites on low speed in a medium bowl until frothy. Increase the speed to medium and continue to beat until whites form soft peaks. Fold about 1/4 of the whites into cake batter.
- ☐ Add in remaining whites; gently fold just to blend.
- ☐ Pour batter over pears in pan; smooth top.
- ☐ Bake cake, rotating pan halfway through, until top is golden brown and a tester inserted into the center comes out with a few small moist crumbs attached, about 1 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; remove parchment paper.
- ☐ Serve warm or at room temperature with whipped cream or caramel gelato, 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 Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 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%)