



Pear Upside-Down Cake

 Dairy Free

READY IN



55 min.

SERVINGS



16

CALORIES



277 kcal

DESSERT

Ingredients

- 0.8 cup brown sugar packed
- 0.5 cup cranberries dried
- 4 eggs
- 3.4 oz jell-o vanilla flavor pudding instant
- 0.3 cup oil
- 1 lb pears fresh peeled
- 1 tsp pumpkin pie spice
- 1.3 cups water

- 2 cups cool whip whipped topping thawed
- 1 pkg duncan hines classic decadent cake mix yellow (2-layer size)

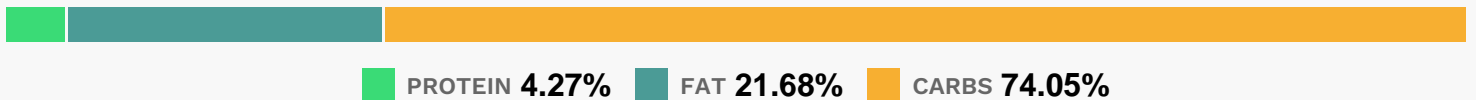
Equipment

- frying pan
- oven
- knife
- blender
- toothpicks

Directions

- Heat oven to 350F.
- Cut pears lengthwise in half; remove cores, then cut pears lengthwise into 1/4-inch-thick slices. Arrange on bottom of 13x9-inch pan sprayed with cooking spray.
- Combine sugar and spice; sprinkle over pears. Top with cranberries.
- Beat next 5 ingredients with mixer until blended; pour over ingredients in pan.
- Bake 35 min. or until toothpick inserted in center comes out clean and cake begins to pull away from sides of pan. Cool 10 min. Run knife around edges of pan to loosen cake.
- Place large platter over cake; invert cake onto platter. Gently remove pan. Cool cake slightly.
- Serve topped with COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:2.3, Glycemic Load:1.26, Inflammation Score:-1, Nutrition Score:4.7317391012026%

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: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg

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, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 276.79kcal (13.84%), Fat: 6.79g (10.45%), Saturated Fat: 2.21g (13.79%), Carbohydrates: 52.19g (17.4%), Net Carbohydrates: 50.67g (18.43%), Sugar: 36.55g (40.61%), Cholesterol: 41.11mg (13.7%), Sodium: 300.2mg (13.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.02%), Phosphorus: 133.25mg (13.32%), Calcium: 94.03mg (9.4%), Vitamin B2: 0.14mg (8.39%), Vitamin E: 1.19mg (7.92%), Folate: 29.54µg (7.38%), Selenium: 4.81µg (6.87%), Fiber: 1.52g (6.08%), Iron: 1.04mg (5.77%), Vitamin B1: 0.09mg (5.66%), Manganese: 0.11mg (5.62%), Vitamin K: 5.33µg (5.08%), Vitamin B3: 0.85mg (4.23%), Copper: 0.07mg (3.37%), Vitamin B5: 0.32mg (3.22%), Vitamin B6: 0.06mg (2.99%), Potassium: 90.2mg (2.58%), Vitamin B12: 0.15µg (2.48%), Magnesium: 8.6mg (2.15%), Zinc: 0.28mg (1.86%), Vitamin C: 1.25mg (1.52%), Vitamin D: 0.22µg (1.47%), Vitamin A: 73.7IU (1.47%)