



Pear Upside-Down Cake with Pecans

 Vegetarian

READY IN



50 min.

SERVINGS



10

CALORIES



210 kcal

DESSERT

Ingredients

- 0.3 teaspoon almond extract
- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.3 cup butter softened
- 1 tablespoon butter
- 1 large eggs
- 1 cup flour all-purpose
- 0.7 cup granulated sugar

- 0.3 cup brown sugar light packed
- 0.5 cup milk 1% low-fat
- 0.3 cup cream sour low-fat
- 1 cup pears peeled thinly sliced (1 large)
- 8 pecans
- 0.1 teaspoon salt
- 1 teaspoon vanilla extract

Equipment

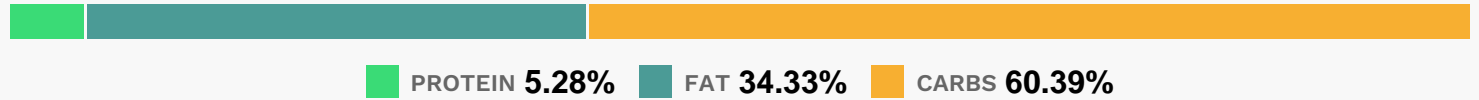
- bowl
- frying pan
- oven
- knife
- wire rack
- blender
- cake form
- measuring cup

Directions

- Preheat oven to 35
- Place butter in a 9-inch round cake pan; place in oven 2 minutes or until butter melts.
- Remove pan from oven.
- Sprinkle brown sugar evenly over bottom of pan. Arrange pear slices and pecan halves spoke-like over sugar; set aside.
- Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, baking powder, baking soda, and salt in a medium bowl. Beat sugar, butter, egg, and extracts with a mixer at medium speed until well blended.
- Add sour cream and half of flour mixture; beat well.
- Add remaining flour mixture and milk; beat well.

- Pour batter over pear slices, spreading gently.
- Bake at 350 for 30 to 33 minutes or until a wooden pick inserted in center comes out clean. Cool on a wire rack 5 minutes.
- Run a sharp knife around edge of pan to loosen cake.
- Place a serving plate upside-down over pan; invert cake onto serving plate.
- Serve warm or cool completely.

Nutrition Facts



Properties

Glycemic Index:38.38, Glycemic Load:17.03, Inflammation Score:-2, Nutrition Score:3.9160869665768%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 209.68kcal (10.48%), Fat: 8.13g (12.51%), Saturated Fat: 4.46g (27.86%), Carbohydrates: 32.19g (10.73%), Net Carbohydrates: 31.24g (11.36%), Sugar: 20.98g (23.31%), Cholesterol: 37.08mg (12.36%), Sodium: 164.52mg (7.15%), Alcohol: 0.17g (100%), Alcohol %: 0.27% (100%), Protein: 2.82g (5.63%), Selenium: 6.53µg (9.33%), Vitamin B1: 0.12mg (7.98%), Manganese: 0.15mg (7.52%), Vitamin B2: 0.12mg (7.14%), Folate: 27.94µg (6.99%), Calcium: 62.56mg (6.26%), Phosphorus: 56.74mg (5.67%), Vitamin A: 256.73IU (5.13%), Iron: 0.82mg (4.57%), Vitamin B3: 0.81mg (4.05%), Fiber: 0.94g (3.78%), Copper: 0.05mg (2.68%), Vitamin B12: 0.16µg (2.68%), Potassium: 88.66mg (2.53%), Magnesium: 8.82mg (2.21%), Zinc: 0.32mg (2.12%), Vitamin B5: 0.21mg (2.07%), Vitamin E: 0.28mg (1.9%), Vitamin D: 0.25µg (1.63%), Vitamin B6: 0.03mg (1.61%), Vitamin K: 1.35µg (1.28%)