



Pear Upside-Down Spice Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



294 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 3 cups bosc pears peeled sliced (3 pears)
- ☐ 2 tablespoons butter
- ☐ 5 tablespoons butter softened
- ☐ 0.8 cup buttermilk
- ☐ 1.5 tablespoons buttermilk
- ☐ 0.8 cup brown sugar dark packed
- ☐ 1 large eggs lightly beaten

- ☐ 9 ounces flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 teaspoon coffee granules instant
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon water

Equipment

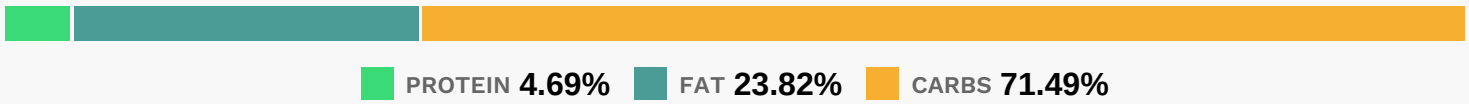
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ cake form
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cake, arrange pear slices spokelike in bottom of a 9-inch cake pan coated with cooking spray, working from the center of the pan to the edge.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.

- ☐ Combine flour and the next 7 ingredients (through cinnamon) in a bowl.
- ☐ Combine granulated sugar and 5 tablespoons butter in a large bowl; beat with a mixer at medium speed until light and fluffy.
- ☐ Add vanilla and egg; beat well.
- ☐ Add flour mixture and 3/4 cup buttermilk alternately to sugar mixture, beginning and ending with flour mixture. Spoon batter over pears; spread evenly.
- ☐ Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean. Cool completely on a wire rack. Loosen cake from sides of pan using a narrow metal spatula; invert cake onto plate.
- ☐ Let rest 2 minutes; remove pan.
- ☐ To prepare glaze, combine 2 tablespoons butter, 1 tablespoon water, and juice in a medium saucepan over medium-high heat, stirring until butter melts. Stir in brown sugar; bring to a boil.
- ☐ Remove from heat; stir in 1 1/2 tablespoons buttermilk.
- ☐ Let stand 2 minutes; pour glaze evenly over cake.

Nutrition Facts



Properties

Glycemic Index:43.82, Glycemic Load:25.48, Inflammation Score:-3, Nutrition Score:5.3521739192631%

Flavonoids

Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 293.76kcal (14.69%), Fat: 7.93g (12.2%), Saturated Fat: 4.71g (29.47%), Carbohydrates: 53.56g (17.85%), Net Carbohydrates: 51.68g (18.79%), Sugar: 34.87g (38.74%), Cholesterol: 34.91mg (11.64%), Sodium: 195.72mg (8.51%), Alcohol: 0.11g (100%), Alcohol %: 0.12% (100%), Protein: 3.51g (7.03%), Selenium: 9.53µg (13.62%), Vitamin B1: 0.18mg (12.15%), Folate: 45.04µg (11.26%), Manganese: 0.2mg (10.11%), Vitamin B2: 0.17mg (10%), Fiber: 1.88g (7.51%), Iron: 1.28mg (7.13%), Vitamin B3: 1.38mg (6.89%), Phosphorus: 57.03mg (5.7%), Calcium: 52.98mg (5.3%), Vitamin A: 264.95IU (5.3%), Copper: 0.08mg (4.03%), Potassium: 122.25mg (3.49%), Magnesium: 11.66mg (2.91%), Vitamin B5: 0.27mg (2.69%), Vitamin K: 2.48µg (2.37%), Vitamin C: 1.83mg (2.22%), Zinc: 0.33mg (2.17%), Vitamin B12: 0.13µg (2.14%), Vitamin E: 0.31mg (2.05%), Vitamin B6: 0.04mg (2.04%), Vitamin D: 0.3µg (2.02%)