



Pear-Walnut Cake with Honey-Orange Syrup

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



228 kcal

DESSERT

Ingredients

- 1 teaspoon aniseed crushed
- 1 tablespoon double-acting baking powder
- 0.5 cup canola oil
- 4 large eggs
- 2 tablespoons flour all-purpose
- 13.5 ounces flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.3 cup honey

- 0.5 teaspoon kosher salt
- 0.5 cup orange juice fresh
- 2 tablespoons orange juice fresh
- 1 teaspoon orange zest finely grated
- 2 cups pears peeled chopped (3)
- 1.8 cups sugar
- 1 teaspoon vanilla extract
- 0.3 cup walnut pieces toasted chopped

Equipment

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

Directions

- Preheat oven to 37
- To prepare cake, coat a 10-inch tube pan with cooking spray; dust with 2 tablespoons flour. Set aside.
- Place sugar and eggs in a large bowl; beat with a mixer at medium speed until thick and pale (about 3 minutes).
- Lightly spoon 3 cups flour into dry measuring cups; level with a knife.

- Combine flour, baking powder, aniseed, salt, and cinnamon, stirring well with a whisk.
- Combine rind, 1/2 cup juice, oil, and vanilla.
- Add flour mixture to egg mixture alternately with juice mixture, beginning and ending with flour mixture; blend after each addition just until combined. Stir in pear and walnuts.
- Pour batter into prepared pan.
- Bake at 375 for 55 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 15 minutes; loosen cake from sides of pan using a narrow metal spatula or knife.
- Place a plate upside down on top of cake pan; carefully invert cake onto plate.
- To prepare syrup, combine honey and 2 tablespoons juice in a small saucepan over medium heat. Cook 2 minutes, stirring constantly.
- Brush warm syrup over top and sides of cake. Cool completely.

Nutrition Facts



■ **PROTEIN 7.05%**
■ **FAT 14.33%**
■ **CARBS 78.62%**

Properties

Glycemic Index:29.73, Glycemic Load:29.93, Inflammation Score:-2, Nutrition Score:5.6939129829407%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 227.65kcal (11.38%), Fat: 3.7g (5.69%), Saturated Fat: 0.58g (3.63%), Carbohydrates: 45.68g (15.23%), Net Carbohydrates: 44.33g (16.12%), Sugar: 27.21g (30.24%), Cholesterol: 41.33mg (13.78%), Sodium: 152.27mg (6.62%), Alcohol: 0.08g (100%), Alcohol %: 0.1% (100%), Protein: 4.1g (8.2%), Selenium: 11.18µg (15.98%), Vitamin B1: 0.19mg (12.94%), Folate: 51.31µg (12.83%), Manganese: 0.24mg (11.9%), Vitamin B2: 0.18mg (10.38%), Iron: 1.47mg (8.19%), Phosphorus: 70.54mg (7.05%), Vitamin B3: 1.41mg (7.04%), Vitamin C: 5.39mg (6.53%), Calcium: 54.97mg (5.5%),

Fiber: 1.35g (5.4%), Copper: 0.09mg (4.47%), Vitamin B5: 0.31mg (3.08%), Magnesium: 11.56mg (2.89%), Zinc: 0.39mg (2.63%), Potassium: 90.65mg (2.59%), Vitamin E: 0.39mg (2.57%), Vitamin B6: 0.05mg (2.43%), Vitamin K: 1.84µg (1.76%), Vitamin A: 83.33IU (1.67%), Vitamin B12: 0.1µg (1.65%), Vitamin D: 0.22µg (1.48%)