



Pear-Walnut Upside-Down Cake

READY IN



45 min.

SERVINGS



8

CALORIES



276 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup egg substitute
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 teaspoon ground ginger

- ☐ 0.5 cup buttermilk low-fat
- ☐ 0.3 cup blackstrap molasses
- ☐ 2 comice pears cored peeled thinly sliced lengthwise
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup stick margarine melted
- ☐ 1 tablespoon stick margarine
- ☐ 3 tablespoons walnuts chopped

Equipment

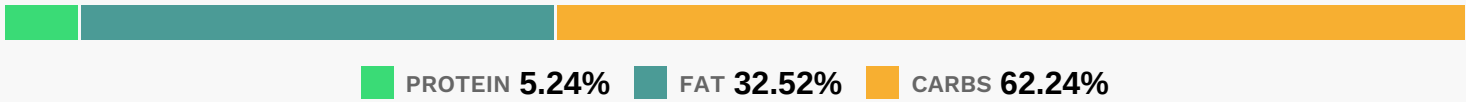
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 7 ingredients (flour through cloves) in a bowl.
- ☐ Combine buttermilk, egg substitute, 1/4 cup butter, and molasses in a bowl.
- ☐ Add to flour mixture, stirring until smooth.
- ☐ Melt 1 tablespoon butter in a 9-inch cast-iron skillet. Stir in 1/3 cup brown sugar, and cook over medium heat 1 minute.
- ☐ Remove from heat; sprinkle with walnuts.
- ☐ Place pear slices in the bottom of skillet.
- ☐ Pour batter over pears.
- ☐ Bake at 375 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; invert cake onto a serving plate.

Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:34.09, Glycemic Load:14.25, Inflammation Score:-5, Nutrition Score:7.7021738524022%

Flavonoids

Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 276.2kcal (13.81%), Fat: 10.29g (15.84%), Saturated Fat: 1.92g (11.99%), Carbohydrates: 44.32g (14.77%), Net Carbohydrates: 42.07g (15.3%), Sugar: 28.79g (31.99%), Cholesterol: 0.6mg (0.2%), Sodium: 327.83mg (14.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.46%), Manganese: 0.59mg (29.64%), Selenium: 11.14µg (15.92%), Magnesium: 43.44mg (10.86%), Vitamin B1: 0.16mg (10.69%), Calcium: 103.18mg (10.32%), Iron: 1.81mg (10.08%), Folate: 37.65µg (9.41%), Copper: 0.18mg (9.16%), Fiber: 2.24g (8.97%), Vitamin B2: 0.15mg (8.87%), Potassium: 307.6mg (8.79%), Vitamin A: 367.29IU (7.35%), Phosphorus: 71.57mg (7.16%), Vitamin B6: 0.14mg (6.76%), Vitamin B3: 1.2mg (6.01%), Vitamin B5: 0.39mg (3.93%), Vitamin E: 0.51mg (3.42%), Zinc: 0.46mg (3.05%), Vitamin C: 2.18mg (2.64%), Vitamin K: 2.3µg (2.19%), Vitamin B12: 0.07µg (1.13%)